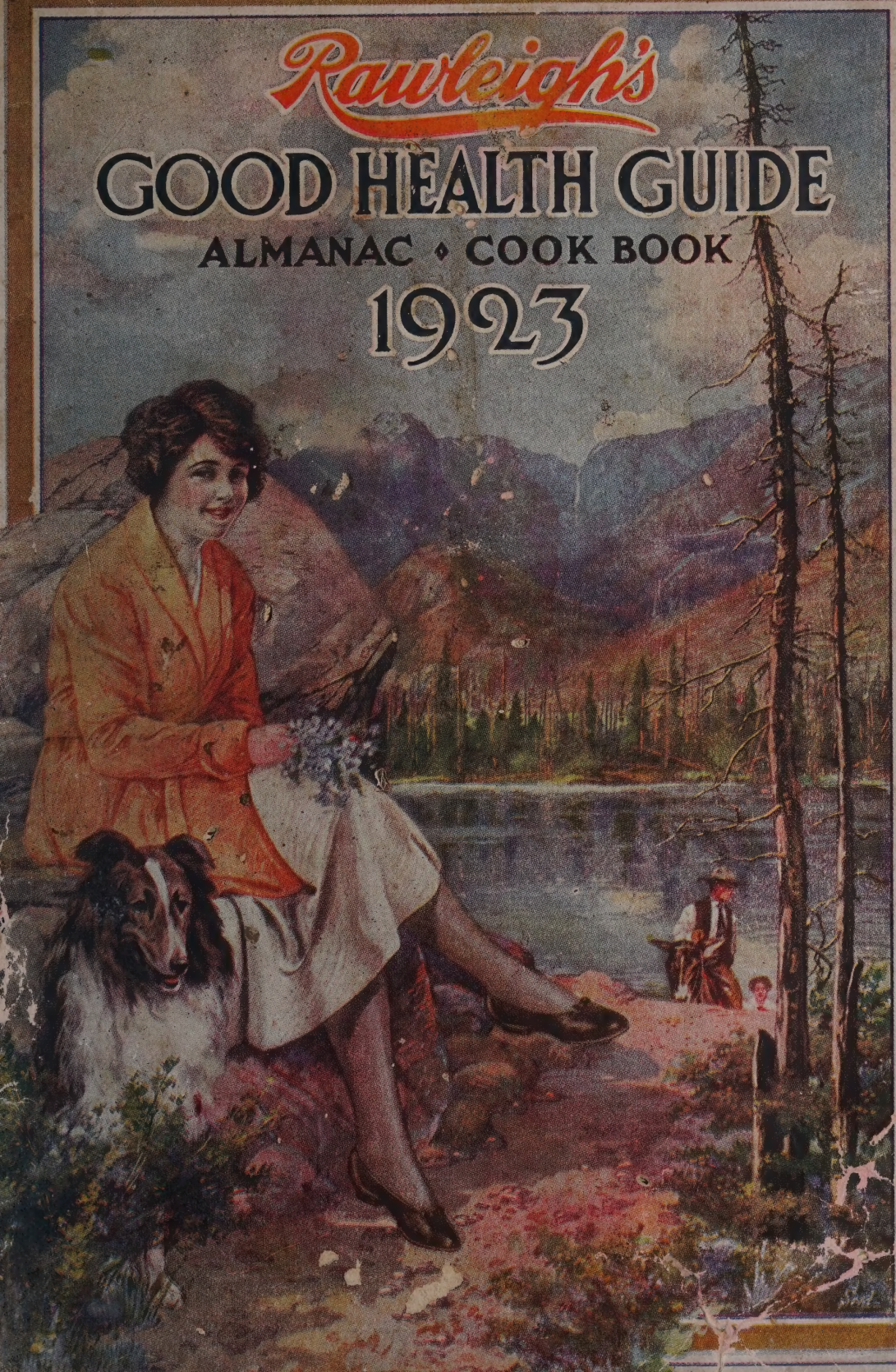
Rawleigh's

GOOD HEALTH GUIDE

ALMANAC ◆ COOK BOOK

1923



Service Direct to the Home, Convenience of choosing Good Health Products needed daily to be kept on Approval, Saving of Time, Protection against Loss of money paid for things not the best, Security in having Products handy for times of need, Economy in using the best, Liberal Terms, Genuine and Complete Satisfaction and Good Health Information make regular visits of the Rawleigh Retailer welcome.

Rawleigh's

TRADE MARK REG. U.S. PAT. OFF.

GOOD HEALTH GUIDE

COOK BOOK ◆ ALMANAC

1889 1923

Published by

THE W. T. RAWLEIGH CO.

FREEPORT, ILL., U. S. A.

MEMPHIS, CHESTER, OAKLAND,
MINNEAPOLIS, WINNIPEG,
◆ LONDON, MONTREAL ◆

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THIS is our sincere greeting to the millions of friends and patrons of Rawleigh's Good Health Products and Rawleigh's Good Health Service. We cannot wish anything better for any one than to be safe and well and strong for that is truly the greatest good fortune, success and source of happiness.

Through the ages expressions of solicitude for Health and Welfare have been usual at the meeting and parting of friends, and at the beginning and end of letters and messages. Formerly such greeting and parting expressions carried more of sincerity and dignity and were of more serious nature than the now too common and habitually light and flippant method of accosting acquaintances and greeting those with whom we have social or business relations.

When Rome was great and possibly the importance of health and strength and bodily welfare better understood and valued, the stately salutation, or greeting on meeting was "Sal-ve," "Be strong, Be well, Be of Good Health," and on parting, "Va-le", meaning "Be well and strong, fare-well." Letters started with "If you are well, it is good, I am well," and ended with "Fare-well."

We believe in physical Good Health, strength, beauty and enjoyment, in being and keeping well and strong and fit rather than in "good luck." Good Health is a true blessing but it is not and should not be a matter of luck but of care and study and value, something to be more earnestly desired than riches and when possessed to be guarded as a priceless treasure.

There is no greater Service that can be rendered to a person or to society than the Service that helps to restore, to maintain and to preserve health, to prevent disease and sickness and suffering, and to promote that strength, beauty, comfort and happiness which are the accompaniments of health. This is the field in which Rawleigh's chose to serve.

No one likes to see suffering and disease. We all are happy when well and strong and associating with friends who are well and happy and cheerful. People who have health and all the normal appetites and needs and desires of healthy, happy and active individuals are the people whose business it is a pleasure and privilege to have and we rejoice in the opportunity to help to maintain health and happiness through Good Health Service and Products.

The Rawleigh Good Health Service is intended to supply scientific and dietetical information needed in helping to maintain health and to bring Rawleigh's Good Health Products to families where Good Health is wanted and valued and where cleanliness, sanitation, beauty and comfort are desired, and where there is foresight to protect against sickness, suffering, disease and loss among the family and the stock and poultry. So our greatest and sincerest endeavor is to be of service in promoting and preserving Good Health by furnishing the most reliable and scientific and practical information from doctors, surgeons, chemists, bacteriologists, dietitians, veterinarians, physical culturists and students of household economics, specialists and practical writers with Products that are closely concerned with health and beauty, good taste, sanitation, kitchen savings and farmyard profits.

This book is a sample part of this Service. Be sure to keep and study it and think about the value of keeping health. Its message may be worth much to you.

It is our constant aim and sincere purpose and our great pleasure to render a real public service, closely associated with the health and economic welfare of the millions of families whose homes are reached by Retailers.

Good Health Service is the one big thing in which Rawleigh's excell all others and can bestow greatest benefits.

So in providing this Good Health Guide we in all sincerity greet you on behalf of The W. T. Rawleigh Company and the Retailer who hands you this book—Sal-ve, Hail, Be of Good Health, Keep Safe and Strong and Well.

THE greatest statesmen, generals, merchants, inventors, writers, captains of industry, doctors, and preachers are those who have devoted the best part of their lives and energies to serve and benefit their fellowmen.

Everyone's value to society in general is measured by the character and amount of his service to others. The greatest good that any individual firm or corporation can render mankind in any occupation is to give unto others the best, most useful, reliable, economical and trustworthy service that great industry, painstaking care, sincerity and steadfastness of purpose to serve others better can produce. "He profiteth most who serveth best."

Service is unselfish, interested in others' welfare and happiness and closely akin to the charity that abideth and is long suffering. Life is service. Service is an important part of each business transaction. The one who progresses, who makes the big business success is the one who gives his fellow beings a little more —a little better service than is obtainable from others.

Service is the Big Thing in Which Rawleigh's Greatly Excels

Throughout all America The W. T. Rawleigh Company has become popularly known as the "House of Service." Through 34 years of unprecedented growth and success, Service has constantly been its keynote. To give something more—something better, to make it easier to supply a need, to give more complete satisfaction, to render everyone a superior and more reliable service than is obtainable from any other similar industry in the world, is Rawleigh's constant ideal, aim and conscientious endeavor.

When Mr. W. T. Rawleigh, as a boy, sold a few things direct to farm homes, on a plan that assured satisfaction before payment, he saw the great need for reliable Medicines and Household Necessities, and a direct to home Service. The people wanted better Medicines and other Products in larger variety, with a real service, and with no risk of loss.

No one was giving the complete and satisfactory service that he saw the need for. He could not buy such Products as he wished for his Customers, so he started making them in a small way.

His sincere intent, and steadfast policy of making the best and most useful Products in well selected variety and giving with those Products the most reliable and complete directions for use, the most practical and useful good health information and the best service made Rawleigh's the fastest growing and most successful organization of its kind.

Mr. Rawleigh knew the needs of Consumers better than any other man and he gave those needs and every detail in supplying them closer, more careful and personal attention than any one else could. Out of his great experience and vision he trained men to bring the service direct to the people who needed it and gave Retailers a service others have never equaled, enabling them in turn to render a greater service to Consumers.

The men and women who Retail Rawleigh Products set standards of Service and of business methods high above others. Frequent, regular and dependable direct-to-your-home Service with the privilege of using Rawleigh Products on approval is desired for every worthy Consumer.

Rawleigh's have accomplished more than others have attempted in the way of Service. Yet remember that it takes two, the server and the served, to make good Service. So give the Rawleigh Retailer a fair chance to show you the many advantages and benefits that Rawleigh Service has for you.

LEADERSHIP THROUGH SERVICE

THE existence of a business organization is justified by its purpose and ability to give service and by the quality and efficiency of the service it actually delivers. Service is supplying something the public needs and desires or that gives some benefit and does it better and more economically than usual.

The measure of the service is the measure of the worth and generally of the success of a business. The originality, usefulness or completeness of the service and the place it fills in satisfying a need or a desire measure the growth and the importance of the business. To give a wholly satisfactory service, Rawleigh's realized they must give a complete service, that they must do practically everything themselves and not depend on others for any part of what they offer.

To give this better and more complete Service, Rawleigh's were first to establish scientific analytical laboratories for conducting investigations, scientific tests and standardizations and to insure purity, strength and effectiveness in Products. They spared no expense to get the most modern, approved and scientific equipment to manufacture in the best possible way.

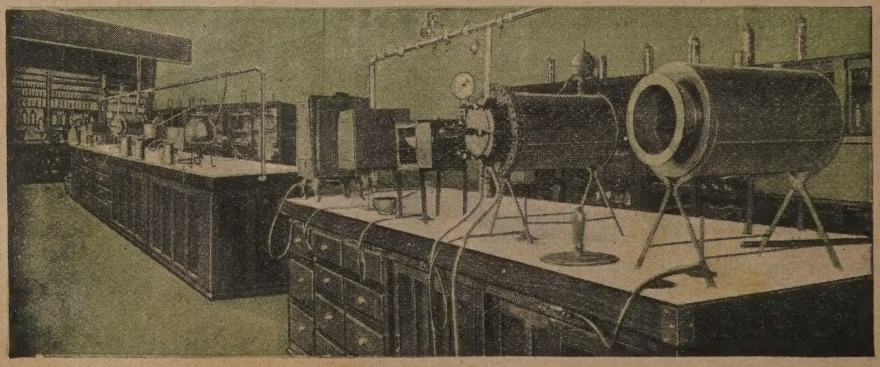
Rawleigh's have repeatedly set new and higher standards of quality, purity, effectiveness and values, keeping always far above the common level. They adopted the policy that they should make everything complete, to make it best and most economically. They have made many things that others purchase ready made. To insure the best materials trained buyers were sent to nearly every part of the world to secure at first hands the pick of the world's production of materials.

Rawleigh's have developed and give much the best Sales Service. Those who deliver Rawleigh Products to the homes are picked men and women, who are given the benefit of the largest, completest and best educational and Sales training of its kind and the most helpful and efficient service from the Company. They were filled with the idea of giving the best Service to their Customers. With a larger and better line of Products, the most complete Service, lower average prices, and greatest fairness and consideration for Retailers and Consumers during the trying times of war-profiteering, the Rawleigh organization leaped into commanding leadership in its field. It won and holds an acknowledged leadership through superior Service.

The Leadership of The W. T. Rawleigh Company did not just happen. It is the culmination of 34 years of conscientious effort to serve more people better and more completely.

As the best and most complete Service of the kind has made Rawleigh's the leader in its field, so now Rawleigh's great resources, large Laboratories and Factories, complete equipment, training and efficient organization, superior and best selected line of Products enable Rawleigh's to give the largest and best Service. This is leadership in Service.

The W. T. Rawleigh Company takes a justifiable pride in its established Leadership and is mindful of the moral obligation it imposes—to continue to serve better and more completely.



Rawleigh's Analytical Chemical Laboratories at Freeport

BRINGING PRODUCER TO CONSUMER

FOREIGN buyers bartering in curious, out-of-the-way markets, or negotiating in the cosmopolitian cities of the world with bankers, merchants, or producers—Rawleigh **Retailers in** every state and province of the United States and Canada, bringing Good Health Products at regular intervals direct to your home—

These are the extremes of the world-wide organization built by Rawleigh's because they discovered years ago the expensiveness of the roundabout, slow methods of gathering supplies—just as Mr. Rawleigh from the first saw the cumbersomeness of the old, indirect, expensive and unsatisfactory routing of Products from Factories through many middlemen to Consumers.

In assembling as well as distributing by direct methods, Rawleigh's has become a highly organized clearing house, a vast co-operative system to bring producers and Consumers at opposite ends of the world together. Materials best suited to make Rawleigh's Good Health Products are collected as close to the soil that produced them as possible and sent direct to the Rawleigh Factories.

These co-operative methods of collecting and assembling materials from all parts of the world require—

(1) Careful managers and experienced and specially trained travelers and buyers who know the high standard of requirements, the countries of production, the best methods of producing and the eccentricities of the producing people; the details of transportation, packing, shipping, tariffs, foreign currency and exchange, and credits, export permits, and passports.

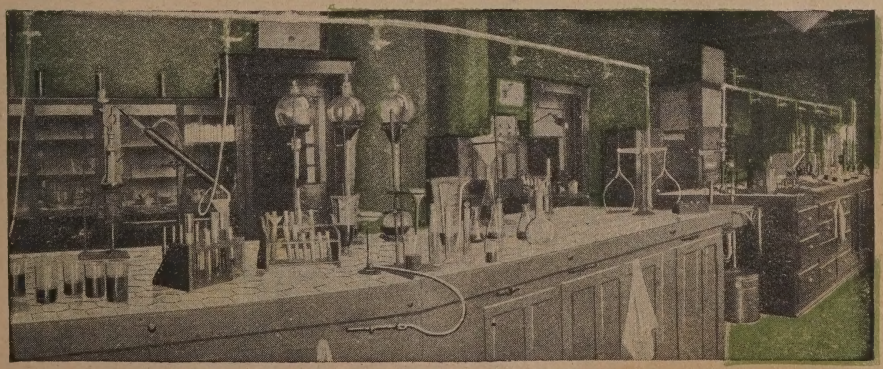
(2) An expert and experienced Traffic Department to guide the materials and stocks purchased by the best routes to Rawleigh's three Factories, caring for ocean freights, tariff, import duties, marine and other insurance, freights, claims, damages, losses, etc.

(3) Botanists, chemists, bacteriologists, pharmacologists are needed to carefully examine and test each lot of raw material to determine purity, strength, value and suitableness.

Rawleigh's policy of making everything and performing the great office of international co-operative buying requires large investments and extensive, elaborate and complete equipment and facilities and people trained to handle every process, but all are centralized at Rawleigh's Factories under one executive head, with one idea of service. The profits of middlemen are eliminated effecting great savings.

Such a plan gives the pick of the world's markets, and places select commodities from nearly every country in Rawleigh's Factories at the lowest cost. Here are found the original bales, cases, and unique packages from Mexico, Central America, South America, Great Britain, France, Italy, Sicily, Germany, Bulgaria, Austria, Jugo-Slavia, Roumania, Czecho-Slovakia, Turkey, Africa, India, China, Japan, Dutch East Indies, Reunion Islands and other countries.

Bringing producers and Consumers closer together makes savings, service and satisfaction. Co-operation between producers and Consumers is a necessity of the times. A business which does this is founded upon sound, economic principles and deserves success in proportion to the service it gives.



Where Careful Analyses, Tests and Standardizations Are Made

ALMANAC CALCULATIONS 1923

THE year 1923 comprises the latter part of the 147th and the beginning of the 148th year of American Independence and corresponds to: The year 6636 of the Julian Period; the year 5684 of the Jewish era beginning at sunset September 10th; the year 2676 since the foundation of Rome; the year 2583 of the Japanese era and the 12th year of the period entitled Taisho; the year 1342 of the Mohammedan era, beginning at sunset August 13th, 1923. January 1, 1923, is the 2,423,421 day since the commencement of the Julian Period.

THE SEASONS FOR 1923, EASTERN STANDARD TIME

For Central Time deduct 1 hour; Mountain Time 2 hours; Pacific Time 3 hours.

Sun ☉ enters Aries ♈ Spring begins	March	21d.	10h.	29m.	Morn.
Sun ☉ enters Cancer ♋ Summer begins	June	22d.	6h.	3m.	Morn.
Sun ☉ enters Libra ♎ Autumn begins	Sept.	23d.	9h.	4m.	Eve.
Sun ☉ enters Capricornus ♑ Winter begins	Dec.	22d.	3h.	54m.	Eve.

CHRONOLOGICAL CYCLES, 1923

Dominical Letter	G.
Lunar Cycle or Golden No.	5
Epact	13
Solar Cycle	28
Roman Indiction	6
Julian Period	6636

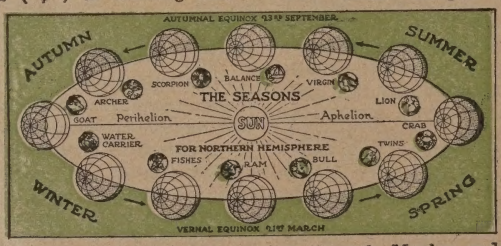
MORNING AND EVENING STARS, 1923

The Planet Venus (♀) is Morning Star to Sept. 10 and then Evening Star.

The Planet Mars (♂) is Evening Star to Aug. 8 and then Morning Star.

The Planet Jupiter (♃) is morning Star to May 5, then Evening Star to Nov. 22, then Morning Star.

The Planet Saturn (♄) is Morning Star to April 7, then Evening Star to Oct. 17; then Morning Star.



ECLIPSES FOR 1923

In the year 1923 there will be two eclipses of the Sun and two of the Moon.

1. Partial Eclipse of Moon, March 2-3, visible here. Beginning visible in western Asia, Europe, Africa, Atlantic Ocean, North America except extreme Northwest.

Time of Eclipse—Eastern Standard Time.

	D.	H.	M.	
Moon enters penumbra	Mar. 2	8	13	Eve.
Moon enters shadow	Mar. 2	9	28	Eve.
Middle of Eclipse	Mar. 2	10	32	Eve.
Moon leaves shadow	Mar. 2	11	36	Eve.
Moon leaves penumbra	Mar. 3	0	51	Morn.

II. An annular Eclipse of the Sun, March 17, invisible here.

III. Partial Eclipse of Moon Aug. 26. Beginning visible generally in North America except extreme Northwest. Ending visible generally in North America except Northeast.

Time of Eclipse—Eastern Standard Time

	D.	H.	M.	
Moon enters penumbra	Aug. 26	3	12	Morn.
Moon enters shadow	Aug. 26	4	52	Morn.
Middle of the Eclipse	Aug. 26	5	39	Morn.
Moon leaves shadow	Aug. 26	6	27	Morn.
Moon Leaves penumbra	Aug. 26	8	6	Morn.

IV: Total Eclipse of Sun, Sept. 10, visible throughout North America as a partial eclipse, beginning in East about 3:41 P. M. ending at 5:32 P. M. The path of the total eclipse begins far out in the north Pacific Ocean, enters North America at San Diego, Calif., passing through Mexico ends out in the Caribbean Sea near nothern coast of South America.

Ember Days:—Feb. 21, 23, 24. May 23, 25, 26. Sept. 19, 21, 22. Dec. 19, 21, 22.

Church Days:—Epiphany, Jan. 6; Septuagesima Sunday Jan. 28; Sexagesima Sunday, Feb. 4; Quinquagesima Sunday, Feb. 11; Shrove Tuesday, Feb. 13; Ash Wednesday, Feb. 14; Quadragesima Sunday, Feb. 18; Palm Sunday, March 25; Good Friday, March 30; Easter Sunday, April 1; Rogation Sunday, May 6; Ascension Day, May 10; Whit Sunday, May 20; Trinity Sunday, May 27; Corpus Christi, May 31; Hebrew New Years Day, Sept. 11; Thanksgiving, Nov. 29; Advent Sunday, Dec. 2; Christmas, Dec. 25; St. John's Day, Dec. 27.

Harvest Moon

The full moon nearest the autumnal equinox (Sept. 24) is popularly known as the "Harvest Moon," because of the fact that the full moon then rises for several consecutive evenings at nearly the same hour giving an unusual number of moonlight evenings.

Service and Savings Direct to Your Home

IT makes a lot of difference in an emergency when you need a reliable medicine badly to relieve suffering whether the medicine is handy on your shelf or miles away. That is a time when Rawleigh's Service counts and is appreciated.

Service to users right in their homes has been the Rawleigh policy for 34 years. That has made friends and steadfast Customers with the courtesies usually practiced by Rawleigh Retailers. That direct Service has eliminated middlemen and intermediate Profits and expenses and put Products into the homes of honest people for their protection and approval. They come direct by the least expensive way and are delivered within the home. Products brought to you that way avoid the usual costs of handling and advertising and selling which frequently multiply the original cost of production before an article reaches the user.

By reason of the tremendous volume, the Company accepts a modest manufacturer's profit as opposed to the many profits by many middlemen.

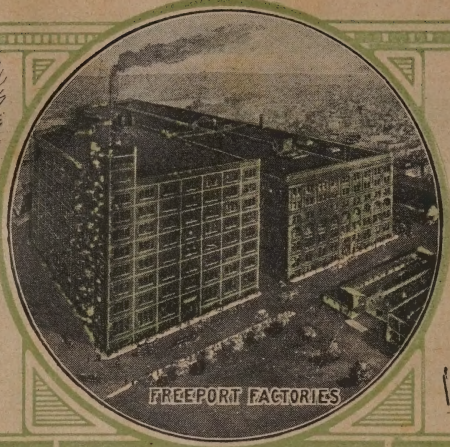
The Company with nearly 5000 Retailers under contract and thus having an assured market can buy and manufacture in the largest volume and most economically. The constant demand for and steady output eliminates the usual selling expenses of the ordinary manufacturer, jobber and wholesaler. The exclusive Retailer is the only middleman between you and the great international organization.

Rawleigh Retailers have but small investment and expenses as compared to store Retailing. Most of them have a regular, established list of Customers they deliver Products to at frequent intervals, having constant and practically uniform demand so that their method is a most economical and practical way of giving the greatest service with the least expense. This enables them to give fine qualities, high values and the entire Good Health and home delivery Service on a very small profit, because of the savings made possible by the direct and co-operative methods of Rawleigh's buying, assembling, manufacturing and distributing everything by the most direct methods.

Think of the convenience. You are at home and may have Products delivered to you. Your time is saved as well as your money and health. You need make no long walk or drive to buy Rawleigh's Household Necessities. You avoid hustling and pushing in crowded, heated and stuffy stores and the bother of carrying home packages. The things you want and need are placed before you for your selection as you sit easily in your own living room. They are all subject to your approval. You do not need to part with your money in advance. You may try before you buy. You may have on hand for emergencies the things you are likely to need.

The Retailer is at your service. It's a pleasure to look over, test and with his assistance and advice, select Good Health Products. The plan removes all danger of loss of your money for a thing which does not give value and satisfaction because you can pay after you are satisfied and it is the policy of Rawleigh Retailers to take back or exchange anything their Customers do not wish to retain. They operate on a basis of "Customers Must Be Served and Satisfied" for it is by giving more and better Service, larger Values, greater Benefits and full Satisfaction that they invite patronage.

A Scene in the Rawleigh Shipping Department



Birthstone for JANUARY, the GARNET

JANUARY

CAPRICORNUS the Goat, From Dec. 22 To January 21

WEATHER FORECAST

1st to 4th—UNSETTLED PERIOD. Rain over states of the south and southwest. Heavy snows with drifts and blockades in states of the west and northwest; gales over the Lakes and in New York and New England.

5th to 9th—COLD WAVE. Low temperature with cold winds and zero weather at many points. Temperature 10 degrees below zero at St. Louis, 8 below at Cairo, 3 below at Nashville.

10th to 14th—FAIR PERIOD. Rising temperature with fine, genial sunshine over Gulf and south Atlantic states, with frosty nights and mornings in central and eastern sections.

15th to 19th—STORM WAVE. Windy, blustery weather common at most points. Thunder storms in Florida, Mississippi, Alabama and Georgia. Blizzards in states of the northwest.

20th to 23rd—COLD PERIOD. Freezing weather and frozen ground as far south as Ft. Worth, Vicksburg, Montgomery and Athens. Cold in California, Arizona and New Mexico.

24th to 27th—WINDY SPELL. Much wind and bluster over all states of the southwest and middlewest. Cloudy and unsettled weather common to northwest. Great Lakes, middle Atlantic and New England States.

28th to 31st—UNSETTLED WAVE. Very stormy weather with sudden dashes of rain and sleet in eastern half of the country. Dangerous squalls of rain and snow along the Atlantic seaboard from the Carolinas to New England.

The average temperature for the month will be below normal over the northern half of the country, but will be near the monthly average elsewhere.

Day of Month	Day of Week	Light & Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	M.	☽	♉	7 30	4 37	5 50	7 03	5 05	5 26
2	Tu.	☽	♊	7 30	4 38	rises	7 03	5 05	rises
3	W.	☽	♊	7 30	4 39	5 37	7 04	5 06	5 59
4	Th.	☽	♋	7 30	4 40	6 42	7 04	5 06	7 01
5	Fri.	☽	♋	7 30	4 41	7 51	7 04	5 07	8 05
6	Sat.	☽	♌	7 30	4 42	9 01	7 04	5 07	9 10
7	S.	☽	♌	7 30	4 43	10 12	7 04	5 08	10 17
8	M.	☽	♍	7 30	4 44	11 21	7 04	5 09	11 19
9	Tu.	☽	♍	7 29	4 45	morn	7 04	5 10	morn
10	W.	☽	♍	7 29	4 46	0 31	7 04	5 11	0 23
11	Th.	☽	♎	7 29	4 47	1 43	7 04	5 12	1 30
12	Fri.	☽	♎	7 29	4 48	2 53	7 04	5 12	2 35
13	Sat.	☽	♏	7 29	4 49	3 59	7 04	5 13	3 38
14	S.	☽	♏	7 28	4 50	5 03	7 03	5 14	4 39
15	M.	☽	♐	7 28	4 52	6 01	7 03	5 15	5 36
16	Tu.	☽	♐	7 27	4 53	6 52	7 03	5 16	6 28
17	W.	☽	♑	7 27	4 54	sets	7 03	5 17	sets
18	Th.	☽	♑	7 26	4 55	6 45	7 02	5 18	7 01
19	Fri.	☽	♒	7 26	4 56	7 46	7 02	5 19	7 59
20	Sat.	☽	♒	7 25	4 58	8 47	7 02	5 20	8 55
21	S.	☽	♒	7 24	4 59	9 48	7 01	5 21	9 50
22	M.	☽	♓	7 23	4 59	10 44	7 01	5 22	10 41
23	Tu.	☽	♓	7 22	5 01	11 42	7 01	5 23	11 34
24	W.	☽	♓	7 21	5 02	morn	7 00	5 24	morn
25	Th.	☽	♈	7 21	5 03	0 41	7 00	5 25	0 29
26	Fri.	☽	♈	7 20	5 05	1 40	6 59	5 26	1 24
27	Sat.	☽	♉	7 20	5 06	2 38	6 59	5 27	2 18
28	S.	☽	♉	7 19	5 07	3 35	6 58	5 28	3 13
29	M.	☽	♊	7 18	5 09	4 31	6 58	5 29	4 07
30	Tu.	☽	♊	7 17	5 10	5 26	6 57	5 30	5 02
31	W.	☽	♊	7 16	5 11	6 15	6 57	5 31	5 52

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

GOOD HEALTH RULES FOR EXERCISE

1. Put vigor into every movement and stretch or bend to the utmost.
2. Perform movements rhythmically.
3. Repeat exercises each day in soft, heel-less shoes or none and non-restricting garments.
4. Select exercises which use the muscles not used in your daily business.
5. Do not exercise within less than one hour after meals.

GOOD health and service have from the beginning of the Rawleigh business been its two outstanding features. Medicines designed to restore, improve and maintain health were the first Rawleigh Products and have always held a large place in the growing Rawleigh lines and in the estimation of the public. The very nature of the Rawleigh Products closely associates them with good health.

Service in putting the most universally needed, practical, useful Medicines and Home Necessities direct into the home on the "satisfaction before pay" plan was the second fundamental and characteristic Rawleigh principle.

On these two basic principles and faithful ideals to the policy of giving the greatest values in Products and Service, the Rawleigh organization and its business have grown most phenomenally. There has been rapid and continual evolution, enlargement and improvement in Rawleigh's Good Health Products and the home delivery has developed into the most complete Good Health Service in existence.

The Rawleigh Dietitian's Office

An original and comprehensive system of buying, assembling and testing materials and manufacturing and distributing the best Products that science, experience, capital, equipment and integrity and desire to excel can produce. Then in addition to the most practical, useful and valuable Products, it gives that which is of even greater value, i.e., the best and most complete scientific, dietetical, and practical information about the Products, their uses and the benefits to be derived from them and the many things in connection with them which pertain to health and well being, to beauty, comfort, enjoyment, profits and savings. This service goes further and teaches how to so live and regulate the habits, activities and diet that artificial help in the form of medicines may be unnecessary.

Ideals of Rawleigh's Good Health Service have been enlarged till they embrace more than the highest standards of purity, strength, quality and usefulness in Products and a most convenient and economical bringing of the producer and manufacturer to the Consumer's door through the representation of the Rawleigh Retailer.

The Service includes extensive educational courses in Good Health, Hygiene, Diet, Corrective Exercises, Sanitation, Disease Prevention, Better Cooking, Animal and Poultry Husbandry and the destruction of harmful insects and parasites and disease germs.

This educational service is supplied in the most complete and practical Direction Wrappers and Labels with Products, and in Good Health Guides, Bulletins and other Literature prepared by the Company's Officers, Managers, Chemists, Physician, Dietitian and specialists in animal and poultry husbandry and home economics. It is printed in the Company's extensive and completely equipped Printing Department in editions of hundreds of thousands and millions, then delivered by thousands of Rawleigh Retailers to millions of homes.

No other concern has such a complete organization or manufactures such a large, well-chosen and high quality Line of Products or attempts to give a complete Good Health Service. Some may offer part of the advantages of Rawleigh's but none claim to give a service so far reaching and so comprehensive. Rawleigh's is the only complete Good Health Service.

Birthstone for FEBRUARY, the AMETHYST

FEBRUARY

AQUARIUS, the Water-Bearer From Jan. 21 To Feb. 20

WEATHER FORECAST

1st to 3rd—PLEASANT PERIOD. Cold, frosty nights and mornings in states of the west and northwest, with bright, sunny days over southwest, middlewest and east.

4th to 8th—STORM WAVE. Rain, sleet and snow over Rocky Mountain region and states of the northwest. Showery and blustery weather over southern, middle and eastern states.

9th to 13th—FAIR PERIOD. Mild temperature for February in central and eastern sections. Temperature 65 degrees at Wichita, 62 at Cairo, 60 at Cincinnati, 58 at Pittsburg.

14th to 18th—WINDY SPELL. Much wind and bluster over Rocky Mountain region, the northwest, the Great Lakes and New England. Thunder storms in states of the Gulf border from Texas eastward to Florida and southern Georgia.

19th to 23rd—STORM WAVE. Rain, sleet and snow over the northwest. Stormy conditions in states of the southwest with much fog and dampness in Gulf and South Atlantic states. General snows over New York state and New England.

24th to 28th—COLD WAVE. Unusually cold weather at all points west of the Mississippi River. Rapidly falling temperature over Middle Atlantic and New England States. Temperature 10 degrees below zero at Duluth, 5 below at Omaha, 2 below at Kansas City, 5 below at Chicago, 2 above at Cincinnati, 5 above at Parkersburg, 6 above at Washington.

The temperature will range below normal at most points.

The precipitation will be generally deficient except on the Gulf border, where rainfall will be abundant.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	Th.	☽	♒	7 15	5 13	rises	6 56	5 32	rises
2	Fri.	☽	♒	7 14	5 15	6 42	6 56	5 32	6 55
3	Sat.	☽	♓	7 13	5 16	7 57	6 55	5 33	8 04
4	S.	☽	♓	7 11	5 17	9 11	6 54	5 34	9 11
5	M.	☽	♈	7 10	5 18	10 21	6 53	5 35	10 16
6	Tu.	☽	♈	7 09	5 19	11 34	6 52	5 36	11 22
7	W.	☽	♉	7 08	5 20	morn	6 51	5 37	morn
8	Th.	☾	♉	7 07	5 22	0 44	6 50	5 38	0 28
9	Fri.	☾	♊	7 06	5 23	1 52	6 49	5 39	1 32
10	Sat.	☾	♊	7 05	5 25	2 54	6 48	5 40	2 32
11	S.	☾	♋	7 04	5 26	3 54	6 47	5 41	3 30
12	M.	☾	♋	7 02	5 27	4 46	6 46	5 42	4 22
13	Tu.	☾	♌	7 01	5 29	5 31	6 45	5 43	5 09
14	W.	☾	♌	7 00	5 30	6 11	6 44	5 44	5 52
15	Th.	●	♍	6 58	5 31	sets	6 44	5 45	sets
16	Fri.	●	♒	6 57	5 32	6 36	6 43	5 46	6 45
17	Sat.	●	♒	6 55	5 33	7 36	6 42	5 47	7 41
18	S.	●	♓	6 54	5 35	8 32	6 41	5 48	8 32
19	M.	●	♓	6 52	5 37	9 32	6 40	5 49	9 26
20	Tu.	●	♓	6 50	5 39	10 30	6 39	5 50	10 21
21	W.	●	♈	6 48	5 40	11 28	6 38	5 51	11 14
22	Th.	☽	♈	6 47	5 42	morn	6 37	5 51	morn
23	Fri.	☽	♈	6 45	5 43	0 25	6 36	5 52	0 07
24	Sat.	☽	♉	6 44	5 45	1 22	6 35	5 53	1 01
25	S.	☽	♉	6 43	5 46	2 18	6 34	5 54	1 55
26	M.	☽	♊	6 41	5 47	3 12	6 33	5 55	2 48
27	Tu.	☽	♊	6 40	5 48	4 01	6 31	5 56	3 39
28	W.	☽	♋	6 38	5 49	4 49	6 30	5 56	4 28

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

GOOD HEALTH SUGGESTIONS FOR FEBRUARY

Strengthening Abdominal Muscles. (1) Stand erect, hands on hips, rise on toes, bend knees sitting on heels. Place hands, fingers pointing in, palms flat, floor in front of toes. Shoot feet straight back, standing on toes and hands. Keep body straight. Draw up feet, hands on hips. Rise on toes. Heels sink. Repeat five times, taking the separate movements in rhythm. (2) Hands on hips, bend sideward right, erect, bend sideward left, erect. Repeat 10 times alternating sides.

RAWLEIGH'S Products are essentially and conspicuously Good Health Products. Good Health should be the first consideration in buying and using medicinal, food and cosmetic preparations. Rawleigh Products meet every desirable requirement from the health standpoint. Scientific and practical usefulness, purity, strength, uniformity and effectiveness for the purpose for which they are intended and intrinsic merit and high quality are demanded in every Rawleigh Product. Rawleigh Products are not all medicines, but most of them are closely connected with Good Health. If not in restoring Health and the relieving of pain, suffering and sickness and the prevention of disease, it is in the maintaining of Health by Products of the highest purity and wholesomeness free from anything harmful or detrimental to Health or in any way objectionable.

Rawleigh's medicinal preparations are renowned for the universal satisfaction they give and their great usefulness in every home. They have stood every test including that of 34 years of time. They are made the best that medical, chemical, and pharmaceutical science can produce from the best of laboratory-tested materials with the finest of modern equipment, with every facility and every precaution. They are made stronger, purer and more uniform than other medicines. The Company knows just what is in them and may be expected from them, because of the exacting analytical laboratory tests of materials and finished Products.

Rawleigh's Extracts and Spices and Food Products are Good Health Products because of their absolute purity and the fact that only the very finest and highest qualities are admitted to the Rawleigh Line and because of their value, from the appetizing food and dietetical standpoints. On their intrinsic merits and the economy in getting the best delivered on the fairest terms and their true deliciousness these Products are popular favorites in millions of households.

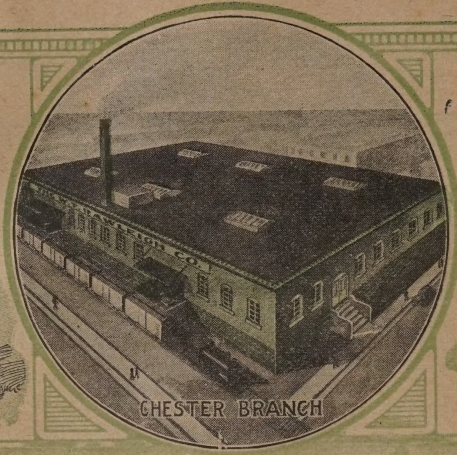
Rawleigh's Toilet Preparations and Cosmetics are Good Health Products because not one of them is in any way harmful, but on the contrary they are positively beneficial. Cleanliness is necessary to Health. Rawleigh's fine Toilet Soaps, Creams, Powders and Lotions are aids to cleanliness, comfort, beauty and satisfaction. Some of them possess certain medicinal values as they are healing, soothing, antiseptic, astringent, etc. They improve and preserve Good Health of the skin, mouth, hair and complexion. The first requirement in them is Good Health.

Rawleigh's Veterinary Products and Poultry Supplies are Good Health Products that save suffering, disease and loss in live stock and poultry. Rawleigh's Disinfectants and Insecticides prevent disease by destroying harmful germs, bacteria, and parasites and promote Health by producing healthful conditions.

No one can so well make Good Health Products as those qualified and experienced and equipped in the manufacture of medicines, which require the maximum of science, skill, care at every stage as well as the best in materials and equipment.

Products whose making requires chemical knowledge and chemical methods in production and which can be successfully attempted only by specialists are the ones with which Rawleigh's have been most successful for they have applied to all their products the same exacting tests and standards and methods as have made their medicines so superior, so reliable, useful and so universally satisfactory and popular.

Such then are Rawleigh's Good Health Products and the name Rawleigh is a guarantee that they are safest, best, measuring up to highest ideals and standards and for the Health, Comfort, Beauty, Profit, Convenience, Benefit, Service and Personal Enjoyment of Satisfied Consumers.



Birthstone for MARCH, the BLOODSTONE

MARCH

PISCES, the Fishes, from Feb. 20 to March 21

WEATHER FORECAST

1st to 4th—UNSETTLED PERIOD. Weather rough and windy over Rocky Mountain region and states of the northwest. Rain and sleet as far south as Oklahoma, Missouri and Kentucky. Danger to shipcraft.

5th to 9th—PLEASANT SPELL. Fair and clear at most points east and west. Much fog and mist over Great Lakes and along coast lands of the Middle Atlantic and New England States.

10th to 13th—STORM PERIOD. Damp, dismal and generally backward weather over states of the southwest and the Gulf and south Atlantic borders. Snow storms in the Rocky Mountains and states of the northwest.

14th to 18th—RAIN PERIOD. Showery weather with strong wind and bluster over the Lakes, Middle Atlantic and New England States. March-like conditions in California, Arizona, Utah and New Mexico.

19th to 21st—WARM SPELL. Rising temperature in states of the northwest and middlewest. Soft and foggy weather in states of the Lake border and New England. Temperature 70 degrees at Wichita, 75 at Memphis, 72 at Chattanooga and 68 at Richmond.

22nd to 26th—VARIABLE PERIOD. Cloudy and blustery in states of the southwest and middlewest. Rain and sunshine over Middle Atlantic and New England States. Damp and foggy weather over Lake region.

27th to 31st—COOL SPELL. Cool, chilly conditions at most points west of the Mississippi river. Fair and frosty in Middle Atlantic and New England States.

UNITED STATES

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	Th.	☽	♋	6 37	5 50	5 31	6 29	5 57	5 15
2	Fri.	☽	♋	6 36	5 50	rises	6 28	5 57	rises
3	Sat.	☽	♌	6 34	5 51	6 48	6 27	5 58	6 52
4	S.	☽	♍	6 33	5 52	8 00	6 26	5 59	7 57
5	M.	☽	♍	6 31	5 53	9 16	6 25	6 00	9 07
6	Tu.	☽	♎	6 29	5 55	10 32	6 24	6 01	10 17
7	W.	☽	♎	6 28	5 56	11 42	6 23	6 01	11 23
8	Th.	☽	♏	6 26	5 57	morn	6 22	6 02	morn
9	Fri.	☾	♏	6 25	5 59	0 48	6 21	6 03	0 26
10	Sat.	☾	♐	6 23	6 00	1 49	6 20	6 03	1 25
11	S.	☾	♐	6 21	6 01	2 44	6 19	6 04	2 20
12	M.	☾	♑	6 19	6 02	3 29	6 17	6 05	3 07
13	Tu.	☾	♑	6 17	6 03	4 11	6 16	6 06	3 51
14	W.	☾	♒	6 16	6 04	4 47	6 15	6 06	4 31
15	Th.	☾	♒	6 14	6 05	5 20	6 13	6 07	5 07
16	Fri.	☾	♓	6 12	6 07	5 49	6 12	6 08	5 40
17	Sat.	●	♓	6 10	6 08	sets	6 10	6 09	sets
18	S.	●	♈	6 09	6 09	7 23	6 09	6 10	7 18
19	M.	●	♈	6 07	6 10	8 22	6 08	6 11	8 14
20	Tu.	●	♉	6 05	6 11	9 20	6 06	6 11	9 07
21	W.	●	♉	6 03	6 12	10 18	6 05	6 12	10 01
22	Th.	●	♊	6 02	6 13	11 14	6 03	6 13	10 54
23	Fri.	●	♊	6 00	6 15	morn	6 02	6 14	11 46
24	Sat.	●	♋	5 59	6 16	0 08	6 01	6 15	morn
25	S.	☽	♊	5 57	6 17	1 02	5 59	6 15	0 38
26	M.	☽	♊	5 55	6 18	1 53	5 58	6 16	1 29
27	Tu.	☽	♋	5 53	6 20	2 39	5 56	6 17	2 17
28	W.	☽	♋	5 52	6 21	3 23	5 55	6 17	3 04
29	Th.	☽	♋	5 50	6 22	4 02	5 54	6 18	3 48
30	Fri.	☽	♌	5 48	6 23	4 40	5 53	6 19	4 31
31	Sat.	☽	♌	5 46	6 24	5 16	5 52	6 19	5 12

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

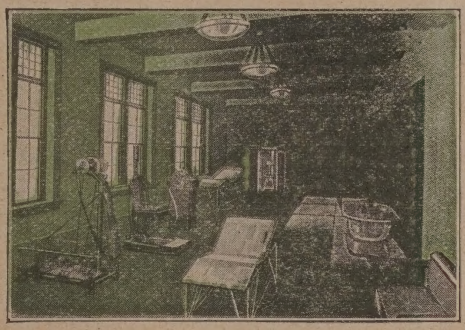
GOOD HEALTH SUGGESTIONS FOR MARCH

Overcoming Constipation. (1) Stand erect, chest high, place hands back of neck with elbows horizontal. Twist body to right as far as possible, turn back, stretch arms to sides horizontally, bring down to sides. Repeat twisting, left. Alternate repeating 10 times. (2) Stand erect. Raise arms vertically at sides of head. Keep head between arms, bend from hips, keeping knees unbent until fingers touch floor. Straighten up, arms at sides. Repeat 10 times.

RAWLEIGH'S Good Health Products and Service are not for the sick alone. We cannot take the place of physician, surgeon, or nurse when there is need for professional services such as they render.

Rawleigh's Good Health Service frequently however saves you the useless expense and embarrassment of doctors and perhaps the hospital by helping you to understand better the principles and practices of Good Health. Neglect or ignorance of personal hygiene, of sanitation, of diet, care of the health and practical common sense treatment of the common injuries, disorders, and afflictions brought about by neglect and improper conditions, incorrect eating, carelessness, exposure and accident do not as a rule immediately call for medical assistance. Symptoms usually tell when something is wrong and if one heeds the symptoms and studies to correct the fault he can do for himself more than a physician. He can maintain good health. The physician would treat the resultant disease, the surgeon perform operations and the nurse care for the patient after a violation of the laws of health or an infection or accident. The prevention of disease and the maintaining of Good Health is therefore of even more importance and far better than the cure after sickness results which is often difficult.

Rawleigh's Good Health Service is an educational one to enable readers to so observe the rules of Health and so use Rawleigh's Good Health Products as to avoid a large part of the serious disorders and sickness for which expensive visits to physicians and druggists are a too common course.



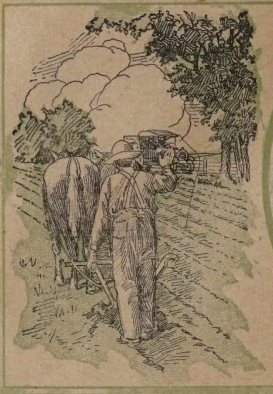
Rawleigh's Good Health Treatment Room

Rawleigh's Good Health Products are practical household medicines that may be safely used for the common every day aches, pains, sickness, and disorders which if neglected may be the beginning of serious complications requiring expert advice and service and causing lost time and expense.

There are no better or more efficient medicines made for the same purposes than Rawleigh's. They are safe and reliable. They save suffering, expense and inconvenience and are foremost aids to keeping Health in its normal state in the millions of households that depend upon Rawleigh's Good Health Service. On the farms, in the stables, pens, and yards, Rawleigh's Veterinary and Poultry Preparations relieve suffering of dumb friends, and save losses inestimable and increase the profits of stock and poultry raisers. Through cleanliness, disinfection, sanitation and destruction of disease germs living conditions are improved and Health safeguarded and much disease and sickness prevented.

The purity and quality of Rawleigh's Toilet Preparations, which are cleansing, healing and soothing and the wholesomeness of Rawleigh's Extracts, Spices and Food Products are valuable aids in the preservation of Health and beauty, as well as to the enjoyment and satisfaction desired and in the prevention of the troubles and defects that result from neglect or the use of improper preparations. Prevention rather than cure is the object of the latest scientific investigations and of Rawleigh's Good Health Service.

We therefore offer Rawleigh's Good Health Service and Products to the well, the healthy, the beautiful, the happy, the prosperous who appreciate the worthy purposes, the high ideals, the fine qualities, large values and genuine service and security the Rawleigh Retailer brings to their homes.



Birthstone for APRIL, the DIAMOND

APRIL

ARIES, the Ram, from March 21 to April 20

WEATHER FORECAST

1st to 3rd—RAINY SPELL. Wind and rain from Texas and Oklahoma eastward to Georgia and the Carolinas. Sleet and snow over the northwest, the Lakes and east.

4th to 8th—VARIABLE PERIOD. Sudden dashes of rain with much wind and bluster over Middle Atlantic and New England States. Fair and frosty over northwest.

9th to 13th—COOL SPELL. A rather low range of temperature for April at most points east and west.

14th to 18th—SHOWERY SPELL. General rains over southern, middle Atlantic and New England states. Cloudy and unsettled in states of the middlewest, northwest and Lakes.

19th to 21st—WARM WAVE. Rising temperature in Rocky Mountain region, the southwest and Gulf states. Clear days with genial warmth prevalent over South Atlantic, Middle Atlantic and New England states.

22nd to 25th—THUNDER SHOWERS. Heavy rains with flood and washout prevalent at all points south, in states of the Ohio valley and from the Virginias northward to New York. Weather dry and dusty in states west of the Mississippi river.

26th to 30th—MILD WAVE. Dry and clear weather over states of the Pacific slope, the Rocky Mountain region and the northwest. Pleasant seasonable conditions from Louisiana, Arkansas and Missouri eastward to Georgia, the Carolinas and Virginia.

The temperature will be above the average at most points.

The rainfall will be deficient over all sections of the west, but will be abundant over the eastern half of the country.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	S.	☺	♍	5 44	6 25	rises	5 50	6 20	rises
2	M.	☺	♍	5 43	6 26	8 07	5 49	6 20	7 55
3	Tu.	☺	♎	5 42	6 28	9 22	5 48	6 21	9 05
4	W.	☺	♎	5 40	6 29	10 33	5 46	6 22	10 13
5	Th.	☺	♏	5 38	6 30	11 39	5 45	6 22	11 15
6	Fri.	☺	♏	5 36	6 31	morn	5 44	6 23	morn
7	Sat.	☾	♐	5 34	6 32	0 38	5 42	6 24	0 14
8	S.	☾	♐	5 32	6 33	1 27	5 41	6 25	1 05
9	M.	☾	♑	5 31	6 34	2 12	5 39	6 25	1 51
10	Tu.	☾	♑	5 29	6 35	2 49	5 38	6 26	2 31
11	W.	☾	♒	5 27	6 36	3 22	5 37	6 27	3 08
12	Th.	☾	♒	5 26	6 37	3 52	5 35	6 27	3 42
13	Fri.	☾	♒	5 24	6 38	4 19	5 34	6 28	4 14
14	Sat.	☾	♓	5 23	6 40	4 46	5 33	6 29	4 46
15	S.	☾	♓	5 21	6 41	5 03	5 32	6 29	5 08
16	M.	●	♓	5 19	6 42	sets	5 31	6 30	sets
17	Tu.	●	♈	5 18	6 43	8 12	5 30	6 31	7 55
18	W.	●	♈	5 16	6 44	9 08	5 29	6 31	8 48
19	Th.	●	♉	5 14	6 45	10 04	5 28	6 32	9 42
20	Fri.	●	♉	5 13	6 47	10 58	5 27	6 33	10 34
21	Sat.	●	♊	5 11	6 48	11 49	5 25	6 33	11 25
22	S.	●	♊	5 10	6 49	morn	5 24	6 34	morn
23	M.	☽	♊	5 08	6 50	0 35	5 23	6 35	0 13
24	Tu.	☽	♋	5 06	6 51	1 19	5 21	6 36	0 59
25	W.	☽	♋	5 05	6 52	2 00	5 20	6 36	1 43
26	Th.	☽	♌	5 03	6 53	2 36	5 19	6 37	2 25
27	Fri.	☽	♌	5 02	6 54	3 10	5 18	6 38	3 03
28	Sat.	☽	♍	5 01	6 55	3 43	5 17	6 38	3 43
29	S.	☽	♍	4 59	6 56	4 23	5 16	6 39	4 28
30	M.	☺	♎	4 58	6 58	rises	5 15	6 39	rises

● Full Moon ☽ First Quarter ☺ New Moon ☾ Last Quarter

GOOD HEALTH SUGGESTIONS FOR APRIL

Walk For Exercise. Keep toes pointed straight ahead, or slightly turned in with weight on outside and balls of feet. Rise on toes with each step. Walk briskly, never saunter. Hold body erect, shoulders back, chest high, head up, chin in, breathe deeply. Swing legs from hip rather than knees. Swing arms loosely at sides. Wear comfortable shoes with heavy soles and low heels. High shoes support weak ankles, lessening danger of injury from strain. Never walk far in high or "run over" heels.

The Most Reliable and Useful Products

WHEN getting ready for a social function, when preparing delicious dishes for guests, when you are not feeling at your best, when saving sick animals or fowls or raising them for Profit, you want Products that are reliable and useful, the best for their purpose be it Medicine, Toilet Accessory, Food Product, or anything that has to do with Good Health. You can safely rely upon and get the most satisfactory results from Rawleigh's Products. They are the most reliable and useful made, excepting only necessary food and clothing.

Rawleigh Products are stronger and more effective in their own peculiar ways than similar preparations. There are no inferior materials permitted but selections are made from the finest standard chemicals, drugs, oils, and pharmaceuticals. They are made from these materials only after they have been subjected to the most careful and exacting tests by botanists, chemists and other experts to determine purity, strength, value, quality and uniform effectiveness.

They are made complete in Rawleigh's own Laboratories and Factories, by the most scientific, modern and approved processes, where fluid extracts and concentrates are made direct from original tested materials. All this is done under expert supervision with complete and exacting tests at every step.

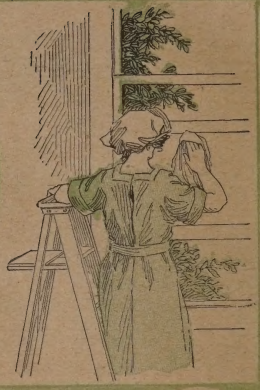
Rawleigh Products are prepared scientifically and expertly to fulfill particular purposes. The proper ingredients are so chosen and compounded that one ingredient reinforces another to give definite therapeutic action and without one counteracting another. The finished Products are tested for strength, uniformity, and effectiveness, and thoroughly standardized. They are stored, bottled and packaged under ideal conditions and efficient methods, and delivered to your home fresh and of full strength.

The supreme test is actual use. Rawleigh's Products have stood every test of use for 34 years. They give the intended results and full satisfaction. People have not found them wanting in time of need. They fulfill their purposes. Their effects are definite and prompt. Their benefits are usually quick and they give the desired relief. Sold on a satisfaction basis, they must make good and they do.

Rawleigh's Good Health Products are recognized as the most useful because of the many purposes they efficiently fulfill and the effectiveness and completeness of the benefits they give. They carry with them practical, reliable and scientific information about the conditions they are to overcome and benefit and the most useable Good Health suggestions as to diet, exercise, bathing, rest, sleep and methods of living and caring for Health. This good Health Service is a feature in which Rawleigh's has gone far beyond any other manufacturer of similar Products. It adds immeasurably to the Value, and Reliability and Usefulness of the Rawleigh Products and is an outstanding feature in the success of the Rawleigh Line.

Two of the Bottling and Packaging Rooms where Rawleigh's Good Health Products Are Prepared to go to the Finished Stock Rooms to be Ready for Early Shipment.

Rawleigh's standards are established, their ideals are fixed and steadfastly adhered to. Integrity of purpose in the making of the best possible Products and giving of the best and largest Service are Rawleigh's Controlling Motives.



Birthstone for MAY, the EMERALD

MAY

TAURUS, the Bull, from April 20 to May 21

WEATHER FORECAST

1st to 3rd—UNSETTLED WAVE. Foggy and misty over Gulf and South Atlantic States. Showery weather in upper Mississippi valley and the Lake region. Dry weather in all states of the Pacific slope, the Interior basin and the Rocky Mountains.

4th to 8th—STORM WAVE. Destructive lightning, wind and hail in Texas, Oklahoma, Kansas and Missouri. Heavy rains with floods in Mississippi, Alabama, Georgia, and the Carolinas. Strong gales over the Great Lakes and the north Atlantic slope.

9th to 12th—COOL SPELL. Falling temperature with local frosts in states of the northwest, the middlewest and north Atlantic slope.

13th to 17th—RAIN PERIOD. General rain period for Southern, central and eastern sections. Much fog and dampness over lake region and east.

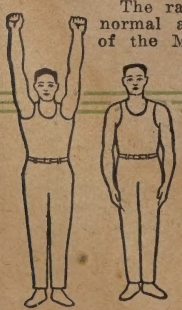
18th to 22nd—PLEASANT PERIOD. Fine seasonable weather over states of the southwest. Dust storms from New Mexico and Oklahoma northward to the Dakotas.

23rd to 27th—WINDY SPELL. Much wind and bluster over states of the far southwest. Dust storms from New Mexico and Oklahoma northward to the Dakotas. Danger to shipping along all maritime shores.

28th to 31st—WARM WAVE. Advanced heat at most points east and west. Dry and dusty in southwest, Interior Basin and northwest.

The temperature will be generally above normal.

The rainfall will be above normal at most points west of the Mississippi River, but below normal elsewhere.



Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.
1	Tu.	☽	♑	4 56	6 59	8 11	5 14	6 40	7 51
2	W.	☽	♏	4 55	7 00	9 21	5 13	6 41	8 58
3	Th.	☽	♏	4 53	7 01	10 26	5 12	6 42	10 02
4	Fri.	☽	♐	4 52	7 02	11 21	5 11	6 43	10 57
5	Sat.	☽	♐	4 50	7 03	morn	5 10	6 44	11 47
6	S.	☽	♑	4 49	7 04	0 09	5 10	6 45	morn
7	M.	☾	♑	4 48	7 05	0 50	5 09	6 45	0 31
8	Tu.	☾	♒	4 47	7 06	1 26	5 08	6 46	1 10
9	W.	☾	♒	4 46	7 07	1 56	5 07	6 47	1 44
10	Th.	☾	♓	4 45	7 08	2 23	5 06	6 48	2 16
11	Fri.	☾	♓	4 44	7 09	2 49	5 05	6 48	2 47
12	Sat.	☾	♈	4 43	7 10	3 18	5 04	6 49	3 21
13	S.	☾	♈	4 42	7 11	3 45	5 04	6 49	3 53
14	M.	☾	♉	4 41	7 12	4 13	5 03	6 50	4 25
15	Tu.	●	♉	4 40	7 13	4 43	5 02	6 51	5 00
16	W.	●	♊	4 39	7 14	sets	5 02	6 51	sets
17	Th.	●	♊	4 38	7 15	8 54	5 01	6 52	8 30
18	Fri.	●	♋	4 37	7 16	9 47	5 01	6 53	9 23
19	Sat.	●	♋	4 36	7 17	10 36	5 00	6 53	10 12
20	S.	◑	♋	4 35	7 18	11 20	5 00	6 54	10 58
21	M.	◑	♌	4 34	7 19	morn	4 59	6 55	11 42
22	Tu.	◑	♌	4 33	7 20	0 01	4 58	6 55	morn
23	W.	◑	♌	4 32	7 21	0 37	4 58	6 56	0 23
24	Th.	◑	♍	4 32	7 22	1 12	4 57	6 57	1 03
25	Fri.	◑	♍	4 31	7 23	1 43	4 57	6 57	1 40
26	Sat.	◑	♍	4 30	7 24	2 20	4 56	6 58	2 22
27	S.	◑	♎	4 30	7 25	2 53	4 56	6 59	3 02
28	M.	◑	♎	4 29	7 26	3 30	4 55	6 59	3 43
29	Tu.	☽	♎	4 29	7 27	rises	4 55	7 00	rises
30	W.	☽	♏	4 28	7 27	8 05	4 54	7 01	7 42
31	Th.	☽	♏	4 27	7 28	9 08	4 54	7 01	8 44

● New Moon ◑ First Quarter ○ Full Moon ◐ Last Quarter

GOOD HEALTH SUGGESTIONS FOR MAY

Breathing Exercises. (1) Stand erect, hands at sides, inhale deeply, raise chest bringing hands up over head, backs of hands touching. Hands together, push up. Stretch arms out to sides, pushing hard. Bring arms slowly to position. Exhale. Relax. Repeat 8 times.

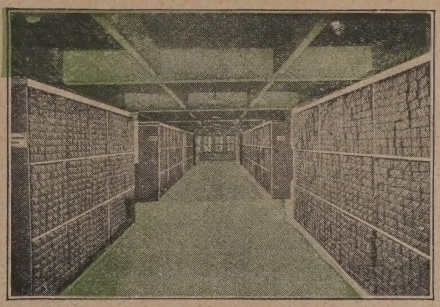
(2) Clench fists, inhale deeply while raising arms sidewise above head, stretch up. Return arms to side, stretching outward until in position. Exhale and relax. Repeat 5 times.

Something for Everyone Everywhere Everyday

NEXT after the need for necessary food, clothing and shelter is that for the simpler practical medicinal agents for the universally frequent pains, injuries and disorders of the race. These needs are elemental and natural and few are so fortunate as to escape them long. The need for medicines received general recognition when our Government classed them as necessities.

In our advanced artificial life of civilization and convention, with rich foods, irregularity and overeating and inactivity and indoor livng, medicines must be more and more relied upon to correct the results of our violations of Nature's laws of Health. Medicines that are safe and reliable and effective are indispensible in every home. The doctor can not be omnipresent, neither is it convenient to make long trips to the doctor or druggist at every slight injury or simple disorder, though it be unsafe to neglect them. Each one should have some knowledge of health, hygiene and home treatment for frequent pains, wounds, and sickness and reliable preparations at hand for proper relief and care when need comes.

Early in man's natural wants comes the desire for personal adornment, beauty and comfort. This desire is universal and toilet accessories are now a pronounced need in every home and are pharmaceutical products almost as useful as medicines. Cleanliness is next to Godliness and is essential to Health and decency. Toilet Soaps are but little below food and clothing in our daily requirements. When supplied with necessary foods the next desire is for variety and flavor, for taste and appetite should be satisfied with necessary nourishment.



One of the many aisles in the Stock Room for Finished Products.

Just as man is subject to accident and sickness so too are the domestic animals, man's valuable friends. Sympathy for suffering and thrifty husbandry both demand means for relief and the stopping of losses and increasing the Profits from stock and poultry.

Sanitary, labor-saving preparations and household conveniences, such as Rawleigh's Disinfectants, Insecticides, Washing Compound, and Polishes, Etc., find well defined needs in every home.

The Rawleigh Products are recognized as the most useful, practical and necessary. One of the fundamental policies of the Company has been to make and sell only those things for which there existed a practically universal need and an urgent demand. Practical utility in Products has been considered even before other important features.

To make the most carefully selected line as well as the most popular and useful and highest quality line has been a Rawleigh principle. To make and sell something needed in every home and to make it better and to give greatest value has always been the Rawleigh aim. The completeness of the realization of this aim is evidenced by the phenomenal growth and unprecedented business success of The W. T. Rawleigh Company. There is not only something in the Rawleigh line needed daily by every family but there is something for every member of every family, for the barn, the kitchen, for the toilet, for the sick room, consisting of medicines, foods, soaps, dental, hair and shaving preparations, applications and cosmetics for skin and complexion and necessities and conveniences for every individual. Rawleigh plans to serve the masses rather than the few, with necessities rather than specialties or fads. The Rawleigh Retailer has something for everyone, every where, every day. It is wise to have Rawleigh Products on hand.

Birthstone for JUNE, the AGATE

JUNE

♊ GEMINI, the Twins, from May 21 to June 22

WEATHER FORECAST

1st to 4th—SHOWERY PERIOD. Rain and sunshine over southern, central and eastern sections. Fine growing season for all crops. Fog and mist prevalent in Gulf states.

5th to 9th—THUNDER SHOWERS. Tornado storms in Alabama, Georgia and Tennessee. Destructive wind and rainstorms with sharp lightning in Oklahoma, Kansas and Missouri.

10th to 13th—SULTRY WAVE. Very sultry conditions in western, southern, and eastern sections. Great heat and drouth over Rocky Mountain region and states of the Interior.

14th to 18th—STORM WAVE. Heavy rains in Louisiana, Texas, Arkansas, Oklahoma, Kansas and Missouri. Thunder showers in Iowa, the Dakotas and Minnesota. General rains in Florida and other Gulf states.

19th to 22nd—COOL WAVE. Cool nights and mornings over states of the northwest and middlewest. Weather dull and moist in southern, middle Atlantic and New England states.

23rd to 26th—RAINY PERIOD. High wind and rain storms over states of the Mississippi and Missouri river valleys. Cloudy and misty over Great Lakes and along the north Atlantic coast.

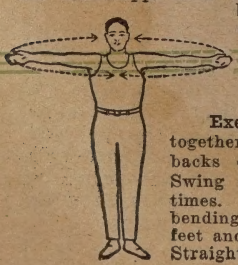
27th to 30th—VARIABLE SPELL. Changeable to cloudy and windy conditions in states of the south and southwest. Foggy and generally dismal weather over gulf and South Atlantic States.

The month will be marked with high ranges of temperature.

The rainfall will be excessive in the Mississippi river valley and Lake border, normal elsewhere.

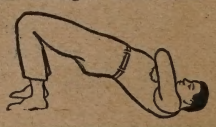
Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.
1	Fri.	☺	♐	4 26	**7 29**	10 00	4 54	**7 01**	9 37
2	Sat.	☺	♐	4 26	**7 30**	10 46	4 54	**7 02**	10 26
3	S.	☺	♑	4 25	**7 31**	11 24	4 53	**7 02**	11 07
4	M.	☺	♑	4 25	**7 32**	11 56	4 53	**7 03**	11 44
5	Tu.	☺	♒	4 24	**7 32**	morn	4 53	**7 03**	morn
6	W.	☺	♒	4 24	**7 33**	0 27	4 53	**7 04**	0 18
7	Th.	☺	♓	4 23	**7 33**	0 54	4 52	**7 04**	0 49
8	Fri.	☺	♓	4 23	**7 34**	1 20	4 52	**7 05**	1 22
9	Sat.	☺	♓	4 23	**7 35**	1 48	4 52	**7 05**	1 55
10	S.	☺	♈	4 22	**7 36**	2 16	4 52	**7 06**	2 26
11	M.	☺	♈	4 22	**7 36**	2 45	4 52	**7 06**	2 59
12	Tu.	☺	♈	4 22	**7 37**	3 19	4 52	**7 07**	3 37
13	W.	☺	♉	4 22	**7 37**	3 57	4 52	**7 07**	4 18
14	Th.	●	♉	4 22	**7 38**	sets	4 52	**7 08**	sets
15	Fri.	●	♊	4 22	**7 38**	8 34	4 52	**7 08**	8 09
16	Sat.	●	♊	4 22	**7 38**	9 20	4 52	**7 08**	8 58
17	S.	●	♋	4 22	**7 39**	10 02	4 52	**7 09**	9 42
18	M.	●	♋	4 22	**7 39**	10 41	4 52	**7 09**	10 25
19	Tu.	●	♌	4 22	**7 39**	11 15	4 52	**7 09**	11 05
20	W.	●	♌	4 21	**7 39**	11 48	4 52	**7 09**	11 42
21	Th.	☽	♌	4 21	**7 39**	morn	4 52	**7 10**	morn
22	Fri.	☽	♍	4 22	**7 39**	0 21	4 53	**7 10**	0 21
23	Sat.	☽	♍	4 22	**7 40**	0 54	4 53	**7 10**	1 00
24	S.	☽	♎	4 23	**7 40**	1 28	4 53	**7 10**	1 40
25	M.	☽	♎	4 23	**7 40**	2 06	4 53	**7 10**	2 22
26	Tu.	☽	♏	4 23	**7 40**	2 49	4 53	**7 11**	3 09
27	W.	☽	♏	4 24	**7 40**	3 38	4 54	**7 11**	4 01
28	Th.	☺	♐	4 24	**7 40**	rises	4 54	**7 11**	rises
29	Fri.	☺	♐	4 24	**7 40**	8 38	4 54	**7 11**	8 16
30	Sat.	☺	♑	4 24	**7 40**	9 21	4 54	**7 11**	9 02

● New Moon ☽ First Quarter ☺ Full Moon ☾ Last Quarter



GOOD HEALTH SUGGESTIONS FOR JUNE

Exercises For Chest and Neck Muscles. (1) Stand erect, extend arms, palms together straight in front at height of shoulder. Swing arms straight back until backs of hands touch. Keep arms at shoulder level. Swing to front touching palms. Continue repeating 10 times. (2) Lie flat on floor. Draw heels up to thighs, bending knees. Raise trunk supporting body on soles of feet and back of head. Let trunk sink. Repeat 10 times. Straighten knees.



THE HOME SERVICE METHODS of DISTRIBUTION

THERE is peculiar and unusual convenience and satisfaction in buying and using Rawleigh Good Health Products. They give the most in Reliability, Usefulness and Satisfaction. You feel differently about them than you do other things. The difference is partly in the Products themselves, their quality, their attractiveness, their intrinsic merits and the confidence you put in them and the results and satisfaction you get in their use. It is partly in the way they are personally delivered to you that adds to their value and your estimation.

The Retailer who brings the Products and Service is engaged in a modern business, rendering a highly practical and much appreciated service. He calls at regular intervals and delivers what you select right into your home.

He is a part of the world's greatest direct-to-home distribution system, one of the thousands who are delivering the message of Good Health, of Better Service and the best household necessities. He is a good person to know—a welcome caller with his Customers, a congenial friend with whom a few minutes are well spent. He is the connecting link that joins you with the great Rawleigh International Co-operative system of bringing producers in all parts of the world and American Consumers together most directly, and giving Consumers the large part of the benefits and savings.

He gets his Products direct from the great complete organization that produces them and then delivers them direct to you by the most economical method, the most convenient way. He creates business instead of waiting for it in a dingy store. He gets business by going after it from people who need what he has to offer and are glad to get the best values and qualities on a basis that saves time, money, worry and uncertainty. He knows what people need and want and use and takes it to them for their approval and selection. He reminds people of things they should have for their protection, security and comfort and enjoyment and makes it possible for them to have such things on hand when needed and for emergencies without danger of needing a thing badly and not having it.

The Rawleigh Retailer believes in his fellow men, in the honor and integrity of those he serves and liberal credit to worthy persons everywhere is the rule. He adds to his service and the value of his Products by his usual methods of sale and the liberal terms. He permits the use of needed Products before he expects payment. The Consumer gets the benefit and use of Products before parting with the use of the money. There is no chance of loss that way because Retailers generally guarantee full satisfaction or no pay. They leave their merchandise on trial or approval and for future anticipated needs, and after using and being entirely satisfied, the Consumer may pay next time the Retailer calls. The terms are fair and square. Retailers expect to deliver a Service and a large value and that their Customers, after a fair trial shall value the Product left with them at more than its price and cheerfully pay rather than to give up the Product and the benefits derived from it, before they ask for money.

Such a policy of confidence on the part of Retailers inspires confidence on the part of their Customers and that confidence is not often misplaced.

The Rawleigh Home Service Method of Distribution means Products to be depended upon to satisfy fully. It means having things brought to you instead of going after them. It means doing away with chance. It means fair treatment, courteous consideration, and liberal credit to those entitled to it. It means uniformly highest quality and reliability and greatest usefulness with all the uncertainty removed. It means the best and most for the money with a highly valuable Good Health Service and convenience and safety of selecting in your own home from your favorite and proven brand of 150 Products those your family will be likely to use.

Birthstone for JULY, the RUBY

JULY

CANCER, the Crab, from June 22 to July 21

WEATHER FORECAST

1st to 4th—SULTRY SPELL. Great heat wave for states of the northwest and the middlewest. Sunstroke and prostration general.

5th to 9th—THUNDER STORMS. Heavy rainfall with destructive lightning, wind and hail from Texas and Oklahoma northward to the Great Lakes and the Canadian border. Many streams at floodtide.

10th to 14th—COOL PERIOD. Dull, damp and moist conditions over states of the Gulf and south Atlantic borders. Cool weather for July in states of the Rocky Mountain region and the northwest.

15th to 19th—SWELTERING SPELL. Advanced heat over states of the north Pacific slope, the Interior Basin and the Missouri river valley. Temperature 108 degrees at Salt Lake City, 105 at Cheyenne, 103 at Bismarck and 102 at Cairo.

20th to 24th—STORM WAVE. Cloud bursts and excessive rainfall locally at many points west of the Mississippi river. Destructive hail storms at points in Arkansas, Tennessee, Kentucky and Missouri.

25th to 28th—COOL SPELL. Fresh cool nights and mornings at most points east and west. Damp and foggy along all coast lands of the Gulf and Atlantic Ocean, and over the Great Lakes.

29th to 31st—CLOUDY PERIOD. Unsettled conditions generally prevalent. Local rains in states of Gulf border from Texas eastward to Florida and Georgia. Fog and dampness common to Great Lakes and New England.

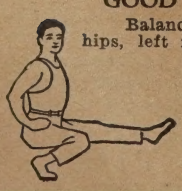
The temperature will be at about the usual July average.

The rainfall will be about the seasonable average.

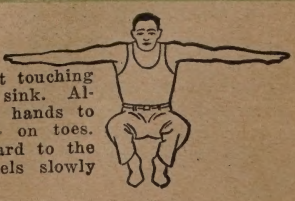
Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.
1	S.		♑	4 25	7 40	9 57	4 55	7 11	9 42
2	Mo.		♒	4 25	7 40	10 29	4 55	7 11	10 17
3	Tu.		♒	4 26	7 40	10 57	4 55	7 11	10 51
4	W.		♒	4 27	7 40	11 23	4 56	7 11	11 22
5	Th.		♓	4 27	7 39	11 52	4 56	7 11	11 56
6	Fri.		♓	4 28	7 39	morn	4 57	7 11	morn
7	Sat.		♈	4 29	7 39	0 18	4 57	7 11	0 27
8	S.		♈	4 29	7 39	0 48	4 58	7 11	1 00
9	Mo.		♉	4 30	7 38	1 19	4 58	7 11	1 35
10	Tu.		♉	4 31	7 38	1 55	4 59	7 10	2 15
11	W.		♊	4 31	7 38	2 35	5 00	7 10	2 58
12	Th.		♊	4 32	7 37	3 21	5 00	7 10	3 46
13	Fri.	●	♋	4 33	7 37	4 13	5 01	7 10	4 37
14	Sat.	●	♋	4 33	7 36	sets	5 01	7 09	sets
15	S.	●	♌	4 34	7 36	8 42	5 02	7 09	8 24
16	Mo.	●	♌	4 35	7 35	9 19	5 03	7 09	9 06
17	Tu.	●	♍	4 36	7 34	9 51	5 03	7 08	9 43
18	W.	●	♍	4 37	7 34	10 23	5 04	7 08	10 21
19	Th.	●	♎	4 38	7 33	10 58	5 04	7 07	11 03
20	Fri.	☽	♎	4 39	7 32	11 30	5 05	7 07	11 41
21	Sat.	☽	♎	4 40	7 32	morn	5 05	7 06	morn
22	S.	☽	♏	4 41	7 31	0 07	5 06	7 06	0 22
23	Mo.	☽	♏	4 42	7 30	0 46	5 07	7 05	1 05
24	Tu.	☽	♏	4 43	7 29	1 32	5 07	7 04	1 53
25	W.	☽	♐	4 44	7 28	2 22	5 08	7 04	2 46
26	Th.	☽	♐	4 45	7 27	3 19	5 09	7 03	3 43
27	Fri.	○	♑	4 46	7 26	rises	5 09	7 02	rises
28	Sat.	○	♑	4 47	7 25	7 54	5 10	7 02	7 37
29	S.	○	♒	4 48	7 24	8 28	5 11	7 01	8 15
30	Mo.	○	♒	4 49	7 23	8 58	5 11	7 00	8 49
31	Tu.	○	♒	4 50	7 22	9 25	5 12	7 00	9 22

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

GOOD HEALTH SUGGESTIONS FOR JULY



Balancing Exercises. (1) Stand on toes, hands on hips, left foot forward, knee unbent, toe pointed. Bend right knee until sitting on heel without left foot touching floor. Rise to (1). Lower left foot. Heels sink. Alternate 6 times. (2) Stand erect, chest high, hands to chest, palms down, elbows horizontal. Rise on toes. Bending knees, sit on heels. Fling arms outward to the sides, hands back to chest. Rise to (2), heels slowly sink. Repeat 8 times.



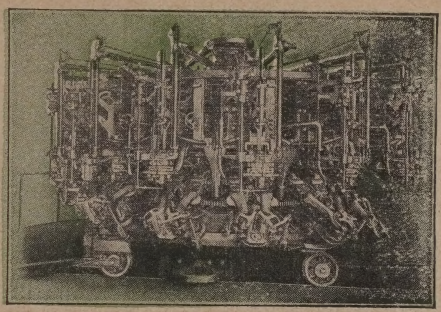
GIVING MORE THAN SATISFACTION

SATISFYING and pleasing the Consumer is at the foundation of successful merchandising. The final test in making and selling a product is the test of use. No product can be long forced upon the public. There must be a demand for it and the demand must be a persistent repeating demand from people who have tried and approve and buy again the thing offered.

A fundamental principle of the Rawleigh business with the first sale of Mr. W. T. Rawleigh in the Spring of 1889, and in every Product manufactured or sale of a Rawleigh Product made since is that the Customer and User must be satisfied. The maker or seller has no right to his money or to expect further trade unless the Consumer be satisfied honestly and within reason.

The Rawleigh selling plan has gone even further and one of its striking features is that the Consumer may have the use of Rawleigh Products and be satisfied with them in his own mind before making payment and before a Sale is considered made.

The older and larger a business organization becomes, the better known its Products, and the more firmly established its policy, the more the principle of the square deal becomes both necessary and apparent because it is expected as the cornerstone of any great success. Customers and Users must be satisfied—more than satisfied—in fact pleased with quality, selection, values, terms, and service and courtesy they receive where they consider buying. Business is invited many places but it abides and increases where the buyer and Consumer are more than satisfied.



Automatic Machine that Makes Bottles for Rawleigh Factories.

Rawleigh's policy has always been to make its Products the best that could be produced, better than the ordinary, better than necessary. The name Rawleigh is not put on a Product that does not have high and real intrinsic merit, fine quality and general and practical usefulness or which cannot stand the test of full satisfaction in use before payment is asked. A rule of the Rawleigh organization for over a third of a century has been that any Product which did not satisfy and which the User, after trying, did not wish to keep should be subject to return without any charge or obligation.

This square deal policy of Consumer satisfaction carried out in actual practice from the first individual sales of Mr. Rawleigh and now well known everywhere in the United States and Canada is one of the reasons for Rawleigh's Leadership in direct service merchandising.

The buyer and user has a right to be the judge of last resort. He must be the one to decide if a thing is right for him, if it has done any good or rendered service, if it is worth the price asked, if it is what it was represented and was wanted and if it has proven satisfactory for the purposes for which it was offered. If in all these respects the Consumer is not pleased his further patronage is not easily secured. The best evidence that the Products, the Service, the values and the terms are right is continued and increasing patronage. People continue to buy where they are best treated and get the most and best for their money, where service and quality are the first consideration and satisfaction the ultimate test.

The Rawleigh policy is to make Products that meet the requirements of the square deal and the test of satisfaction after use, to cause them to be distributed on the direct service plan, to be kept and used on approval and to be sold when the Consumer reaches the decision—satisfied.

On such a policy of Quality, Service and Satisfaction, Consumers are offered the Rawleigh Good Health Products—Products of character and distinctiveness by men and women who are courteous, accommodating and trustworthy, whose success depends upon giving the utmost in satisfaction.

Birthstone for AUGUST, the SARDONYX

AUGUST

LEO, the Lion, from July 21 to August 23

WEATHER FORECAST

1st to 3rd—WARM PERIOD. Very warm weather at most points on the Pacific slope and states of the Interior Basin and Rocky Mountain region. Dust storms in Arizona, New Mexico and Colorado.

4th to 8th—SHOWERY SPELL. Local showers from Kansas, Oklahoma and Texas, eastward to the Carolinas and the Virginias. Rain and sunshine over Lake region and the New England states.

9th to 13th—COOL WAVE. Rather low range of temperature for August in western and central sections. Dull and gloomy weather over Lake region, the Middle Atlantic and New England states.

14th to 18th—VARIABLE PERIOD. Wind and rain in states of the southwest and lower Mississippi river valley. Changeable conditions from the Virginias north to New England.

19th to 23rd—UNSETTLED WAVE. Rainstorms in states of the northwest and those in the region of the Great Lakes. Damp and foggy over Gulf and South Atlantic States.

24th to 28th—COOL SPELL. Weather fair and cool at most points east and west. Chilly nights and mornings in upland regions of the Pacific slope. Temperature 40 degrees at Oregon City, 42 at Cheyenne, 45 at Cairo and 48 at Washington.

29th to 31st—RAIN WAVE. Heavy rainfall over states of the southwest, lower Mississippi and Ohio river valleys. Flood and washouts at many points with seasonable weather in all states of the Atlantic seaboard.

Temperature will be near normal.

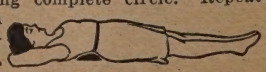
The rainfall will be abundant at most points east of the Mississippi Valley, elsewhere close to normal.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.
1	W.	☽	♓	4 51	7 21	9 54	5 13	6 59	9 55
2	Th.	☽	♓	4 52	7 20	10 21	5 14	6 58	10 28
3	Fri.	☽	♓	4 53	7 19	10 48	5 14	6 57	10 58
4	Sat.	☾	♈	4 54	7 18	11 19	5 15	6 56	11 33
5	Su.	☾	♈	4 55	7 17	11 51	5 16	6 55	morn
6	Mo.	☾	♉	4 56	7 15	morn	5 16	6 55	0 10
7	Tu.	☾	♉	4 57	7 14	0 30	5 17	6 54	0 51
8	W.	☾	♉	4 58	7 12	1 13	5 18	6 53	1 37
9	Th.	☾	♊	4 59	7 11	2 02	5 19	6 52	2 26
10	Fri.	☾	♊	5 00	7 10	2 58	5 19	6 51	3 22
11	Sat.	☾	♋	5 01	7 09	4 00	5 20	6 50	4 21
12	Su.	●	♋	5 02	7 08	sets	5 21	6 48	sets
13	Mo.	●	♌	5 03	7 07	7 52	5 21	6 47	7 43
14	Tu.	●	♌	5 04	7 05	8 26	5 22	6 46	8 21
15	W.	●	♍	5 05	7 04	9 00	5 23	6 45	9 01
16	Th.	●	♍	5 06	7 02	9 34	5 23	6 44	9 42
17	Fri.	●	♎	5 07	7 01	10 09	5 24	6 43	10 21
18	Sat.	●	♎	5 08	7 00	10 46	5 25	6 42	11 04
19	S.	☽	♏	5 09	6 58	11 31	5 25	6 41	11 52
20	Mo.	☽	♏	5 10	6 56	morn	5 26	6 40	morn
21	Tu.	☽	♏	5 11	6 54	0 18	5 27	6 39	0 42
22	W.	☽	♐	5 12	6 53	1 12	5 27	6 38	1 37
23	Th.	☽	♐	5 13	6 51	2 11	5 28	6 37	2 34
24	Fri.	☽	♑	5 14	6 50	3 12	5 28	6 36	3 33
25	Sat.	☽	♑	5 15	6 48	4 15	5 29	6 34	4 33
26	S.	☾	♒	5 16	6 47	rises	5 30	6 33	rises
27	Mo.	☾	♒	5 17	6 46	7 26	5 30	6 32	7 20
28	Tu.	☾	♓	5 18	6 44	7 53	5 31	6 31	7 53
29	W.	☾	♓	5 19	6 42	8 22	5 32	6 29	8 27
30	Th.	☾	♓	5 21	6 40	8 49	5 32	6 28	8 58
31	Fri.	☾	♈	5 22	6 39	9 19	5 33	6 27	9 32

● New Moon ☽ First Quarter ☾ Full Moon ☾ Last Quarter

GOOD HEALTH SUGGESTIONS FOR AUGUST

Relaxation Exercise. (1) Stand erect, slowly drop head on chest, bend forward stretching spine, arms hanging heavy. Slowly straighten up, bring arms to sides. Repeat 5 times. (2) Drop head heavily on chest, keeping it heavy, turn slowly to right, roll to back; left; front; making complete circle. Repeat making continuous circle 8 times. (3) Lie flat on back with a support under small of back, remain motionless, relax completely, breathe slowly and deeply.



The Priceless INGREDIENT

PRACTICALLY every one has had the experience of spending hard earned money and receiving disappointment when real value, sincere service and satisfaction were expected. Some hope to get something for nothing but the majority are constantly trying to solve the problem of securing fair values, conscientious service and reasonable satisfaction. Yet this problem is neither new nor difficult.

After spending much and getting little of value in return, an ancient young man went to the wise one of Bagdad who gave counsel freely to all and asked, "How can I get the most for what I spend?"

The wise one answered, "Look for the priceless ingredient without which a thing for sale has little value."

"What is the priceless ingredient?"

Then the wise one spake truly, "Son, the priceless ingredient of every product in the market place is the honor and integrity and sincerity in service of the one who makes and sells it. Consider the maker before you buy."

The secret of the unequaled service, the unparalleled success, and the commanding leadership of The W. T. Rawleigh Company is to be found in "The Priceless Ingredient." Those three words cover the story of the conception, the growth, the popularity and the usefulness of the House of Rawleigh and tell the open secret of superior Products, of exceptional value, of purity and high quality, of unusual service and of certain satisfaction.

The Rawleigh Business was founded for a purpose—to make better and more reliable and useful Products to supply an actual, known and general need and to render the best possible service in the delivery of direct to the home by a method which eliminated the chance of loss or dissatisfaction on the part of the buyer by permitting the use and benefit of the Products before the buyer parted with the use of his money. This method asked the buyer to pay only after he had received something of greater value which he would rather keep than the price.

The integrity of purpose, the sincere desire to give service and the honor and integrity that maintained and delivered the maximum of quality and service won respect and confidence and rapidly increasing patronage for the organization, which was steadily built and trained and equipped for and wholly devoted to the highest ideals of merchandising service. Such a business could not help growing and as it grew its facilities were used to make more and better Products and to give a larger and more complete service.

The Name "Rawleigh"

The name "Rawleigh" came to stand for that which may well be termed "The Priceless Ingredient." Mr. Rawleigh founded his business upon the highest ideals and principles for he was inspired not merely by hope of financial gain, but by a desire to give a great needed service, by personal honor and by an ambition to lead and excel. He set new standards in the making of Products of highest efficacy and purity by the most scientific and careful processes and in distributing them by the most direct and serviceable and economical method.

The reputation won by the prodigious service is held inviolate and valued far above Profits. Its name and reputation is the most valued asset of The W. T. Rawleigh Company. It is a full guaranty of skill and knowledge and honor in the making of Medicines, Foods and Home Necessities so good that their superior worth is evident and it is assurance of full value, purity, reliability, usefulness and service. The Rawleigh label is the user's best protection and guarantee.

Of this firm which teaches that "Good Health is better than great riches" it may well be said, "A good name is better than riches and trustworthy service is above silver or gold."

Birthstone for SEPTEMBER, the SAPPHIRE

SEPTEMBER

VIRGO, the Virgin, from Aug. 23 to Sept. 23

WEATHER FORECAST

1st to 4th—THUNDER STORMS. General rains with much lightning and thunder in all states of the Mississippi valley. Floods and washouts at many points.

5th to 9th—MILD SPELL. Pleasant seasonable weather at most points in the southwest, the middlewest and the region of the Great Lakes.

10th to 14th—WARM PERIOD. Heat and drouth at many points west of the Mississippi river. Sweltering weather in Gulf and South Atlantic States. Temperature 98 degrees at Ft. Worth, 96 at Cairo and 95 at Columbus.

15th to 18th—DAMP PERIOD. Rain, mist and fog from Minnesota eastward over the Great Lakes to Middle Atlantic States. Heavy rains in Florida and states of the Gulf border.

19th to 23rd—WINDY PERIOD. Blustery and generally unsettled east and west. Dust storms from Nevada eastward to Colorado and Wyoming. Dangerous gales on the Great Lakes.

24th to 28th—VARIABLE SPELL. Very changeable weather at most points east and west. Blustery and stormy in states of the Gulf and south Atlantic borders.

29th to 30th—FAIR AND FROSTY. Sudden fall in temperature over sections of the northwest and middlewest. Snow squalls in Rocky Mountains.

The month will be warmer than the average.

The rainfall will be scant except in Florida and states of the east Gulf border, where it will be excessive.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	Sat.	☽	♈	5 24	6 37	9 51	5 34	6 26	10 08
2	S.	☽	♈	5 25	6 35	10 26	5 35	6 25	10 46
3	Mo.	☽	♉	5 26	6 33	11 06	5 35	6 24	11 29
4	Tu.	☽	♉	5 27	6 32	11 51	5 36	6 22	morn
5	W.	☽	♊	5 28	6 30	morn	5 37	6 21	0 16
6	Th.	☽	♊	5 29	6 28	0 43	5 37	6 19	1 07
7	Fri.	☽	♋	5 30	6 27	1 42	5 38	6 18	2 04
8	Sat.	☽	♋	5 31	6 25	2 45	5 39	6 16	3 04
9	S.	☾	♌	5 32	6 23	3 53	5 40	6 15	4 08
10	Mo.	●	♌	5 33	6 21	5 05	5 40	6 14	5 14
11	Tu.	●	♍	5 34	6 19	sets	5 41	6 13	sets
12	W.	●	♍	5 35	6 17	7 34	5 42	6 11	7 40
13	Th.	●	♍	5 36	6 15	8 08	5 42	6 09	8 20
14	Fri.	●	♎	5 37	6 14	8 46	5 43	6 08	9 02
15	Sat.	●	♎	5 38	6 12	9 29	5 44	6 07	9 49
16	S.	●	♏	5 39	6 10	10 16	5 44	6 06	10 39
17	Mo.	☽	♏	5 40	6 09	11 07	5 45	6 05	11 32
18	Tu.	☽	♐	5 42	6 07	morn	5 45	6 04	morn
19	W.	☽	♐	5 43	6 05	0 05	5 46	6 03	0 29
20	Th.	☽	♑	5 44	6 03	1 05	5 47	6 01	1 27
21	Fri.	☽	♑	5 45	6 01	2 07	5 47	6 00	2 26
22	Sat.	☽	♒	5 46	6 00	3 08	5 48	5 58	3 23
23	S.	☽	♒	5 47	5 58	4 12	5 49	5 57	4 22
24	Mo.	☽	♒	5 48	5 56	rises	5 50	5 55	rises
25	Tu.	☽	♓	5 50	5 55	6 25	5 50	5 54	6 28
26	W.	☽	♓	5 51	5 53	6 51	5 51	5 53	6 59
27	Th.	☽	♈	5 52	5 51	7 19	5 52	5 51	7 31
28	Fri.	☽	♈	5 53	5 49	7 50	5 52	5 50	8 06
29	Sat.	☽	♈	5 54	5 47	8 25	5 53	5 59	8 44
30	S.	☽	♉	5 55	5 46	9 02	5 53	5 48	9 24

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

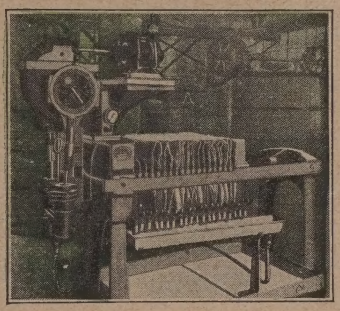
GOOD HEALTH SUGGESTIONS FOR SEPTEMBER

Exercises For Trunk Muscles. (1) Lie flat on stomach with arms stretched above head, palms down. Raise head, chest and arms as high as possible. Lower to floor. Raise legs without bending knees. Lower. Alternate, repeating each 5 times. Raise both at once. Lower. Repeat 5 times. (2) Sitting on chair, back straight, chest high, arms extended horizontally, feet flat on floor, bend body to right until hands touches floor. Left arm extended vertically. Return to position. Bend left. Alternate, repeating 8 times.

Keeping Up Vital Energy and Nerve Force

PHYSICAL fitness and personal efficiency are a duty and robust health and vitality are necessary to the greatest success and happiness. Lack of vital energy and nerve force are frequently the result of improper living in badly heated offices and homes, insufficient amount of outdoor exercise, an excess of heavy toxic and acid-producing foods and lack of vegetables and fruits and bulkiness in the diet. Insufficiency of the proper elements necessary for rebuilding of tissues and nerves and the clogging of the system with burdensome materials develop actual poisons, amount to mal-nutrition and result in the lowering of all the vital functions and forces. Consequently bodily resistance is so lowered that lassitude, weariness, lack of strength and energy, loss of appetite, nervousness, anemia, neurasthenia, irritability and kindred symptoms result. Preventative measures should be taken to guard against the general debility, lowered physical and mental vitality that at times affect most everyone and which are common in Spring and early Summer.

Rawleigh's make four Tonics and Alteratives which people suffering from anemia or impoverished blood, mal-nutrition, continual tiredness, weakness, and nervous exhaustion find valuable adjuvants in regaining and maintaining radient, exuberant health and in keeping up vital energy and nerve force. Their timely use is very helpful in eliminating from the system those elements which later result in pimples, boils, scrofulous rash, debility and a general rundown condition. When attacks of spring fever, weakness, general tired feeling, nervous exhaustion or loss of control come, the use of a Rawleigh Tonic or Alterative will help to restore personal fitness and efficiency.



A Hydraulic Filtering Machine

Laxative Nux and Iron Tablets

Bodily strength, vigor, nervous energy and mental alertness require iron in the blood and a harmonious functioning of the processes of nutrition and elimination of body waste.

Rawleigh's Compound Laxative Nux and Iron Tablets supply organic iron to the blood, helping to enrich the circulation and to increase nutrition. They contain ingredients well known for their tonic, stimulating effects on the digestive and excretory organs, aiding elimination of waste matter and promoting activity of the digestive and assimilative functions so that new supplies of vital energy and nerve force are made available. Five different laxatives act upon the liver, stomach, the small intestines and the lower intestines to open and clean the entire digestive tract. They are an efficient blood, nerve force and tissue building preparation and general system tonic.

Cod Liver Oil Extract Compound

The value of Cod Liver Oil in restoring health and strength to those that are in a weak, worn out, debilitated condition is generally recognized. Rawleigh's Cod Liver Oil Extract Compound is a scientific combination of the very best ingredients for toning and building up the system and putting renewed energy into the various organs. The active therapeutic principle of Cod Liver Oil is obtained by a scientific method of extraction that leaves out all that is disagreeable and likely to upset the stomach and this Extract is combined with Hypophosphites, Iron Peptonate, Sodium Citrate, Potassium and other ingredients of high value. This combination makes a tonic, alterative, blood-enricher and body-builder of unusual value and desirability.

Rawleigh's Ru-Mex-Ol is a vegetable compound containing Sarsaparilla, Yellow Dock, Chinese Rhubarb and other valuable drugs and is a tonic, alterative and stimulant of proven worth.

Rawleigh's Chill Tonic is a quinine and iron tonic prepared especially for use in malarial chills, ague, bilious fever, intermittent or remittent fever. It reduces the severity of the chills and fever and helps to resist repeated attacks.

Birthstone for OCTOBER, the OPAL

OCTOBER

LIBRA, the Balance, from Sept. 23 to Oct. 22

WEATHER FORECAST

1st to 3rd—RAINY SPELL. Local rain storms in Gulf states with very blustery and disagreeable weather conditions in western and central states. Unsettled in Middle Atlantic and New England States.

4th to 8th—COLD SPELL. Cold backward weather at most points east and west. Temperature 20 degrees at Omaha, 22 at Davenport, 25 at Indianapolis, 26 at Parkersburg and 28 at Philadelphia.

9th to 13th—PLEASANT PERIOD. Mild, open weather generally prevalent from the Rocky Mountains eastward to the Atlantic Ocean. Want of rain manifest in the far southwest.

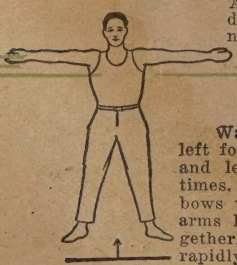
14th to 18th—STORMY SPELL. High winds and bluster with snow squalls in upper Missouri and Mississippi river valleys. Sleet and snow in Middle Atlantic and New England States.

19th to 23rd—COLD WAVE. Cold and frosty nights and mornings as far south as Missouri, Kentucky and the Virginias. Fresh, damp weather in states on the Gulf and south Atlantic.

24th to 27th—VARIABLE PERIOD. Rain and sunshine in southern and eastern states. Cloudy and windy on the Pacific slope and over Rocky Mountain region and the northwest.

28th to 31st—WARM PERIOD. Genial warmth for October at most points. Rising temperature in states of the Mississippi and Ohio river valleys.

Temperature will be about normal. The rainfall will be light at most points except in states of the South Atlantic border, there near normal.



UNITED STATES

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	Mo.	☽	♉	5 56	5 44	9 45	5 54	5 47	10 09
2	Tu.		♊	5 57	5 42	10 32	5 54	5 45	10 56
3	W.		♊	5 58	5 40	11 26	5 55	5 43	11 50
4	Th.		♊	5 59	5 39	morn	5 56	5 42	morn
5	Fri.		♋	6 01	5 38	0 26	5 57	5 41	0 47
6	Sat.		♋	6 03	5 36	1 30	5 57	5 40	1 47
7	S.		♌	6 04	5 34	2 39	5 58	5 39	2 52
8	Mo.		♌	6 05	5 33	3 53	5 59	5 37	4 00
9	Tu.		♍	6 06	5 31	5 07	6 00	5 36	5 08
10	W.		♍	6 07	5 29	sets	6 00	5 35	sets
11	Th.		♎	6 08	5 28	6 40	6 01	5 34	6 54
12	Fri.		♎	6 09	5 26	7 22	6 02	5 33	7 41
13	Sat.		♏	6 10	5 24	8 10	6 03	5 32	8 32
14	S.		♏	6 11	5 22	9 00	6 03	5 30	9 25
15	Mo.		♐	6 12	5 21	9 57	6 04	5 29	10 21
16	Tu.	☽	♐	6 13	5 20	10 57	6 05	5 28	11 20
17	W.	☽	♑	6 14	5 18	morn	6 05	5 26	morn
18	Th.	☽	♑	6 15	5 16	0 01	6 06	5 25	0 20
19	Fri.	☽	♒	6 17	5 14	1 03	6 07	5 24	1 18
20	Sat.	☽	♒	6 18	5 12	2 05	6 08	5 23	2 17
21	S.	☽	♒	6 19	5 11	3 07	6 09	5 22	3 14
22	Mo.	☽	♓	6 20	5 09	4 07	6 10	5 21	4 09
23	Tu.	☽	♓	6 21	5 08	5 04	6 11	5 19	5 02
24	W.	☉	♓	6 22	5 06	rises	6 12	5 18	rises
25	Th.	☉	♈	6 23	5 04	5 52	6 13	5 17	6 06
26	Fri.	☉	♈	6 25	5 02	6 24	6 14	5 16	6 42
27	Sat.	☉	♉	6 26	5 00	7 01	6 15	5 15	7 22
28	S.	☉	♉	6 27	4 59	7 40	6 15	5 14	8 04
29	Mo.	☉	♉	6 28	4 58	8 26	6 16	5 13	8 51
30	Tu.	☉	♊	6 29	4 57	9 16	6 17	5 13	9 40
31	W.	☉	♊	6 30	4 55	10 13	6 17	5 12	10 35

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

GOOD HEALTH SUGGESTIONS FOR OCTOBER

Waking up Exercises. (1) Lie flat on back, arms straight at sides. Keeping left foot straight, raise right knee to chest. Straighten knee. Alternate right and left, repeating each 10 times. Draw both knees at once. Repeat 10 times. (2) Body erect, hands in front of chest, elbows well raised, jump up, separate feet and fling arms horizontally to side. Jump up, bring feet together, hands at chest, elbows horizontal. Repeat rapidly ten times. Good warming exercise.

TO be attractive is every woman's desire. Personal daintiness is an obligation every woman owes. Every one admires the woman who makes herself as attractive, fresh and sweet as she can. Natural personal attractiveness, beauty and charm is the expression of health and vitality, of right living and the proper care and attention to cleanliness, neatness and daintiness.

Looks tell the kind of life we lead. The first step toward clearing the skin and gaining a healthy complexion is to correct the errors of living and observe the general rules of good health, cleanliness and hygiene and then to give thought and attention to proper diet, outdoor exercise, good ventilation, bathing, massaging and the application of remedial and beneficial agents.

Even the most beautiful woman can make herself more charming by proper daily care, which is also necessary to the preservation of her beauty. Well groomed hair, teeth, hands and complexion are personal adornment easily obtained by all alike by devoting a little time daily to the toilet and the use of proper toilet accessories. Well cared for teeth, hair and complexion are three of the more important things that make people attractively charming. Of these a good skin and attractive complexion are the most easily obtained and improved and without them there can be no beauty.

It is no discredit or reproach but rather a mark of foresight, of personal pride and refinement for a woman or girl to use a cream, a face lotion, a complexion powder, or even rouge, provided she does it properly, artfully and with good taste. These things are now regarded as everyday necessities and should be on the dresser of every lady for her everyday comfort and enjoyment, as well as for social events. It is not vanity that impels us to make the best of our personal appearance, but recognition that it adds to our own self-respect and gains the esteem of others, for personal attractiveness is an asset in everyday affairs as well as in society.

Rawleigh's Face Preparations have been designed and compounded by specialists to aid in correcting and preventing facial blemishes and skin imperfections, and these fine applications, when properly used, help to bring back the charm and bloom of youth so quickly lost through neglect, carelessness or exposure. They tend to overcome wrinkles, pimples, chaps, chafes, sunburn, freckles and sallow complexion and to make the skin soft, pliable, elastic and full of vitality and color.

Good health, cleanliness, good taste, convenience and personal enjoyment are first considerations in Rawleigh's Soaps and Toilet Accessories. These and their matchless merit, and unusual usefulness, and soft, soothing, refreshing quality and their exquisite daintiness and captivating fragrance and satisfying feel and the aid they lend to the improvment and preservation of natural beauty, make them deservedly popular.

These fine Products lend refinement, elegance and comfort to millions of homes where daily they are used in preference to all other kinds. They are practical and appreciated requisities for every member of the family. They fill every need from the practical to the most luxurious. All are truly beneficial to the skin and complexion. Their clean, antiseptic fragrance and refreshing qualities make them a source of delight. There is variety to satisfy every taste or fancy.

Birthstone for NOVEMBER, the TOPAZ

NOVEMBER

SCORPIUS, the Scorpion from Oct. 22 to Nov. 23

WEATHER FORECAST

1st to 4th—RAIN WAVE. Great rush of wind and rain from the Rocky Mountains eastward to the Atlantic seaboard.

5th to 9th—INDIAN SUMMER. Quiet calm and sunny days so characteristic of the Indian Summer season over western, central and eastern sections. Temperature 65 degrees at Kansas City, 62 at Indianapolis and 60 at New York.

10th to 14th—CLOUDY PERIOD. Much wind and bluster over states of the southwest and the middlewest. Cloudy and foggy in states of the Gulf and south Atlantic border.

15th to 18th—STORMY. Great storm wave with high wind and heavy rain moving from the Gulf of Mexico northward to the Great Lakes and St. Lawrence river valley. Danger to shipcraft on Gulf and Atlantic waters.

19th to 23rd—COLD PERIOD. Blizzard storms on north Pacific slope and states of the northwest. Drifts and blockades common to states of the middlewest.

24th to 27th—BLUSTERY SPELL. Very windy and unsettled in states of the south and southwest. Stormy weather over Lake region and New England.

28th to 30th—MILD PERIOD. Fine weather at all points east of the Mississippi river. Dry weather in states of the southwest, Interior Basin and the northwest. Soft, slushy weather in Lake region, New York and New England.

The temperature will be at about normal. The precipitation will be scattered and light.

UNITED STATES

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	Northern States: Sun Rises H. M.	Northern States: Sun Sets H. M.	Northern States: Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Southern States: Sun Sets H. M.	Southern States: Moon R. & S. H. M.
1	Th.	☾	♎	6 32	4 54	11 14	6 18	5 11	11 33
2	Fri.	☾	♎	6 33	4 53	morn	6 18	5 10	morn
3	Sat.	☾	♌	6 34	4 52	0 19	6 19	5 09	0 34
4	S.	☾	♌	6 36	4 51	1 28	6 20	5 08	1 37
5	Mo.	☾	♍	6 37	4 50	2 38	6 21	5 08	2 43
6	Tu.	☾	♍	6 38	4 49	3 51	6 22	5 07	3 49
7	W.	☾	♎	6 39	4 47	5 07	6 23	5 06	4 59
8	Th.	●	♎	6 40	4 46	6 26	6 24	5 05	6 12
9	Fri.	●	♏	6 42	4 45	sets	6 25	5 04	sets
10	Sat.	●	♏	6 43	4 44	6 46	6 26	5 03	7 10
11	S.	☽	♐	6 45	4 43	7 44	6 27	5 02	8 08
12	Mo.	☽	♐	6 46	4 41	8 45	6 28	5 01	9 09
13	Tu.	☽	♑	6 48	4 40	9 48	6 29	5 00	10 10
14	W.	☽	♑	6 50	4 39	10 53	6 30	5 00	11 11
15	Th.	☽	♑	6 51	4 37	11 55	6 31	4 59	morn
16	Fri.	☽	♒	6 53	4 36	morn	6 32	4 58	0 09
17	Sat.	☽	♒	6 54	4 35	0 58	6 32	4 58	1 08
18	S.	☽	♓	6 55	4 34	2 00	6 33	4 57	2 04
19	Mo.	☽	♓	6 57	4 33	2 57	6 34	4 56	2 56
20	Tu.	☽	♓	6 58	4 33	3 56	6 35	4 56	3 50
21	W.	☽	♈	6 59	4 32	4 56	6 36	4 55	4 45
22	Th.	☽	♈	7 00	4 31	5 54	6 36	4 55	5 38
23	Fri.	○	♉	7 02	4 31	rises	6 37	4 55	rises
24	Sat.	○	♉	7 03	4 30	5 39	6 38	4 54	6 02
25	S.	○	♉	7 04	4 30	6 23	6 39	4 54	6 48
26	Mo.	○	♊	7 05	4 29	7 11	6 40	4 54	7 35
27	Tu.	○	♊	7 06	4 29	8 06	6 40	4 54	8 30
28	W.	○	♋	7 06	4 29	9 04	6 41	4 54	9 25
29	Th.	○	♋	7 06	4 28	10 06	6 42	4 54	10 23
30	Fri.	○	♌	7 08	4 28	11 11	6 43	4 54	11 23

○ New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

GOOD HEALTH SUGGESTIONS FOR NOVEMBER

Exercise To Correct Weak Arches. (1) Stand erect, arms at sides. Rise slowly on toes, extend arms sidewise. Slowly sink. Arms down, exhale. Repeat 20 times. (2) Stand erect. Raise left foot to right knee, kick straight out, pointing toe. Stretch hard. Bring foot back to right knee, rest on floor. Repeat, raising right foot. Keep toes pointed down and stretch hard. Alternate, repeating rapidly 10 times.

CLEANLINESS and neatness in one's personal toilet and the touch of refinement and the elegance of careful toilet are more and more observed among men and are not unmanly or effeminate. They are requisites to health and comfort, and attractive personality. One owes it to himself and his associates to keep himself clean and well groomed whether he works in store, office, shop or on the farm. The estimate people form of us is based primarily on appearances and efficiency is increased with self respect and the public esteem.

Clean, healthy, strong and handsome men command the admiration of all and the use of Rawleigh's Products tend to make one all that. Many of Rawleigh's Toilet Requisites are as necessary and practical for men as they are for ladies and some are especially for men. They are sensible, useful, delightfully pleasant and refreshing without the least suggestion of anything unmanly or effeminate. Men and boys owe it to themselves, their families and their companions to observe the niceties of a complete and thorough toilet and when they have acquired the habit of the daily use of Rawleigh's Toilet Requisites and understand the importance of personal hygiene they will not forgo the satisfaction of their regular use. You, too, will enjoy and appreciate them.

Men now have better means of shaving than they used to, but the greatest advance in the art of shaving made in the centuries is found in Rawleigh's Shaving Cream. With it one shaves cheerfully and comfortably and avoids sore and smarting face. With it the brush quickly and easily works up silvery, smooth, creamy lather that is fragrant, soothing and cooling. It helps the razor to slip smoothly and supports the beard so that it does not bend before the edge of the blade but is easily cut. But a small quantity is required for a shave so that it is lasting and economical. Rawleigh's also make a fine Shaving Soap and a convenient Shaving Stick.

After shaving, the application of Rawleigh's Toilet Water, Face Lotion or Talcum is antiseptic, soothing and grateful. If the face is cut or irritated, apply Rawleigh's Antiseptic Solution with the hollow of the hand.

Rawleigh's Preparations for the hair include a Liquid Shampoo made from the finest cocoanut oil. It thoroughly cleans the hair and scalp, removing dandruff and oily secretions. It opens the pores and promotes a healthy scalp and luxuriant growth of hair. Shampoo Jelly is a dainty, concentrated preparation from cocoanut oil which lathers freely, cleans thoroughly and is particularly economical.

Proper care of the teeth, except when the dentist's services are required, their thorough cleansing and polishing and complete oral hygiene are easy with morning and evening use of Rawleigh's Tooth Paste or Powder applied with a Rawleigh Tooth Brush. Following the brushing, a rinsing of the mouth and throat with Rawleigh's Antiseptic Solution is an additional precaution for this Solution destroys harmful bacteria and germs in the crevices of the teeth, in the mouth, throat and tonsils and prevents decay, infection and disease.

Rawleigh's Pine Tar Soap, medicated and refined, is adapted for surgical and sanitary uses and is a favorite for shampooing and with all who wish a pure, fragrant, high-quality Pine Tar Soap.

Birthstone for DECEMBER, the TURQUOISE

DECEMBER

SAGITTARIUS, the Archer, from Nov. 23 to Dec. 22

WEATHER FORECAST

1st to 4th — STORM PERIOD. Cloudy with high winds and sudden dashes of sleet and snow in states of the west and middlewest. Much wind with driving rain in southern and eastern states.

5th to 9th—MILD PERIOD. Favorable weather conditions for December at most points.

10th to 14th—STORM WAVE. Unsettled conditions general. Great storm energy manifest over states of the southwest, the Gulf and south Atlantic border. General rainfall over the Middle Atlantic and New England States.

15th to 19th—COLD WAVE. Abrupt fall in temperature at points in the northwest and middlewest. Very cold weather over northern half of the country.

20th to 24th—FAIR PERIOD. Sharp, cold, frosty nights and mornings in western, central and eastern sections. Damp and foggy along sea coast.

25th to 28th—CLOUDY PERIOD. Rain and wind storms in the south. Unsettled and stormy in the northwest and middlewest. Great storm energy over Lake region and the New England states.

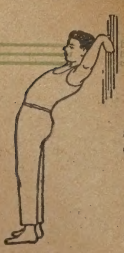
29th to 31st—WINDY SPELL. Sleet and snow at many points. Very windy and unpleasant at all points in the south. Great danger to sailcraft on Gulf and south Atlantic waters. Navigation closed on Lakes and rivers near Canadian border.

The temperature will be at about the usual average.

The precipitation will be heavy at many points in eastern sections, but will be below normal in western sections.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	UNITED STATES — Northern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Southern States: Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.
1	Sat.	☾	♌	7 09	4 28	morn	6 44	4 54	morn
2	S.	☾	♌	7 10	4 28	0 20	6 44	4 54	0 27
3	Mo.	☾	♍	7 11	4 28	1 31	6 45	4 54	1 32
4	Tu.	☾	♍	7 12	4 28	2 40	6 46	4 54	2 35
5	W.	☾	♎	7 13	4 28	3 56	6 46	4 54	3 44
6	Th.	☾	♎	7 14	4 28	5 12	6 47	4 54	4 56
7	Fri.	●	♏	7 15	4 28	6 29	6 48	4 54	6 08
8	Sat.	●	♏	7 16	4 28	sets	6 49	4 54	sets
9	S.	●	♐	7 17	4 28	6 23	6 50	4 54	6 48
10	Mo.	●	♐	7 18	4 28	7 29	6 50	4 54	7 52
11	Tu.	●	♑	7 19	4 28	8 35	6 51	4 54	8 55
12	W.	●	♑	7 20	4 28	9 41	6 52	4 55	9 57
13	Th.	●	♒	7 21	4 28	10 46	6 53	4 55	10 58
14	Fri.	☽	♒	7 22	4 28	11 49	6 54	4 55	11 55
15	Sat.	☽	♓	7 23	4 29	morn	6 55	4 56	morn
16	S.	☽	♓	7 24	4 29	0 51	6 56	4 56	0 51
17	Mo.	☽	♓	7 24	4 29	1 48	6 57	4 57	1 43
18	Tu.	☽	♈	7 25	4 29	2 48	6 58	4 57	2 39
19	W.	☽	♈	7 25	4 30	3 46	6 58	4 58	3 32
20	Th.	☽	♈	7 26	4 30	4 44	6 59	4 58	4 26
21	Fri.	☽	♉	7 26	4 30	5 40	6 59	4 59	5 19
22	Sat.	☽	♉	7 27	4 30	6 36	7 00	4 59	6 12
23	S.	○	♊	7 27	4 31	rises	7 00	5 00	rises
24	Mo.	○	♊	7 28	4 31	6 00	7 00	5 00	6 25
25	Tu.	○	♋	7 28	4 32	6 58	7 01	5 01	7 20
26	W.	○	♋	7 28	4 33	8 00	7 01	5 02	8 18
27	Th.	○	♋	7 29	4 33	9 03	7 01	6 02	9 17
28	Fri.	○	♌	7 29	4 34	10 10	7 01	5 03	10 18
29	Sat.	○	♌	7 29	4 35	11 19	7 02	5 04	11 21
30	S.	☾	♍	7 30	4 35	morn	7 02	5 04	morn
31	Mo.	☾	♍	7 30	4 36	0 25	7 03	5 05	0 23

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter



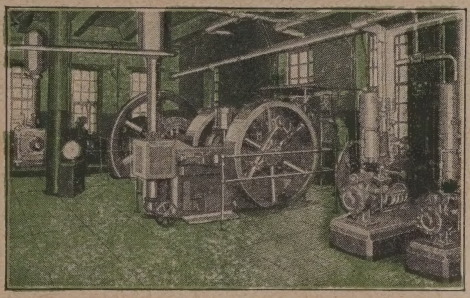
GOOD HEALTH SUGGESTIONS FOR DECEMBER

Exercise For Back Muscles. (1) Lie flat on back, arms above head. Keeping arms up raise body to sitting position with arms stretched toward toes. Keep limbs on the floor without bending the knees. Lower body to lying position. Repeat 8 times. (2) Stand erect a short distance from the wall Stretch arms above head, bend backward until hands touch wall. Let hands crawl down wall as far as possible. Crawl up. Raise body. Arms drop. Repeat 3 times. Bend farther each day.

THE MOST COMPLETELY EQUIPPED FACTORIES

THE policy of **making everything**, of giving the best and most complete Service unquestionably has resulted in many advantages to buyers and users of Rawleigh Products in highest qualities, values, usefulness and economy.

This policy has made necessary research and investigation to determine how to compound preparations that are the best and most effective and practically useful of their kind, and what materials and formulas and equipment and methods would be most scientific and efficient so that the result would be the best and most satisfactory finished Products that would measure up to the high Rawleigh ideals of Quality, Service and practical usefulness. Rawleigh's is the only organization of its kind that is equipped to do all this or which has even attempted to make a practice of doing such things thoroughly.



View in Rawleigh's Light and Power Plant

This policy and practice began when Mr. Rawleigh became a manufacturer because there was no satisfactory source of supply for the Products he wanted to offer his Customers. He wanted to know that only proper materials went into every Product and to control the method of making and to be sure that the finished Products were of uniform, extra standard strength and effectiveness and quality.

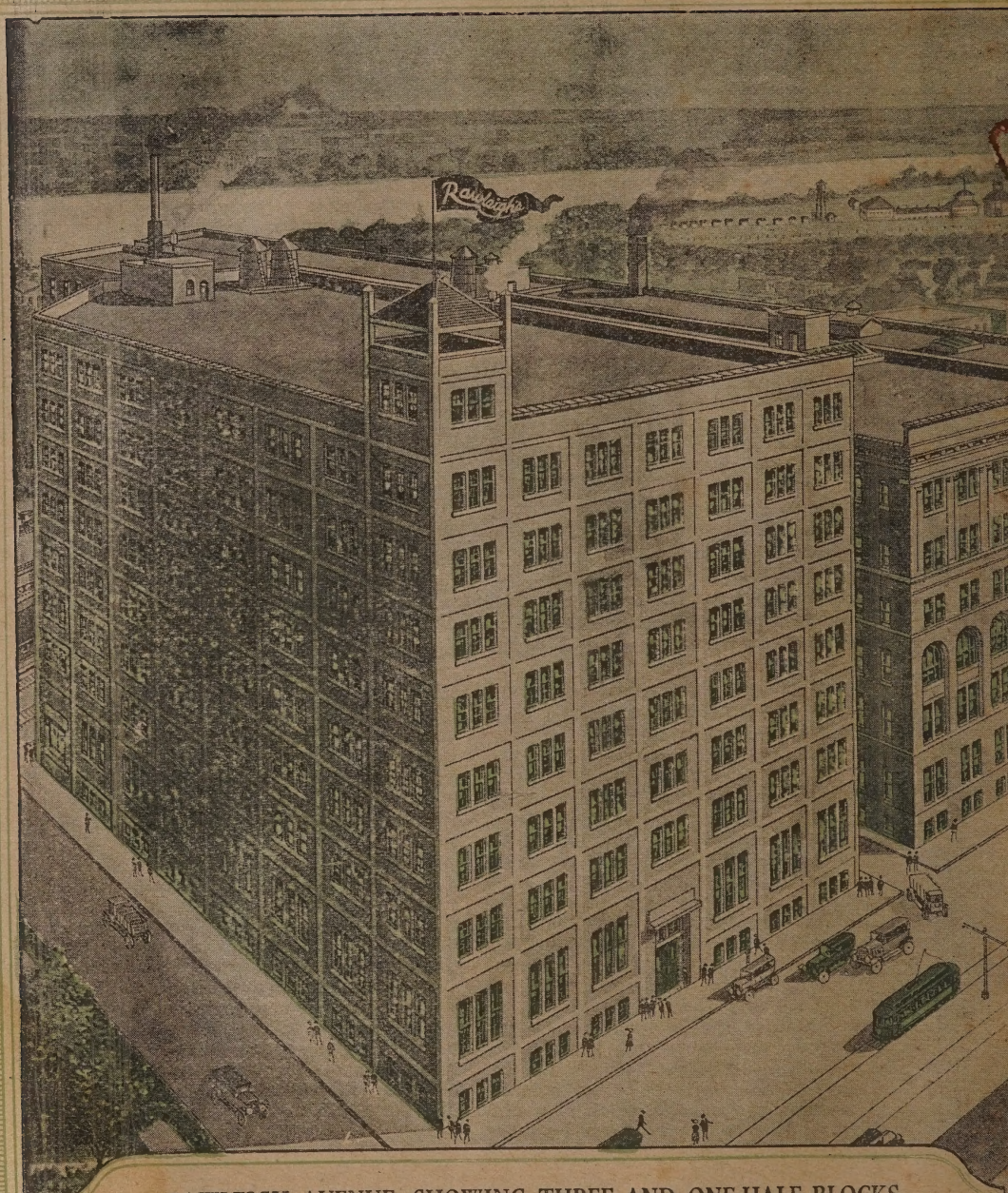
Making everything meant large investments in equipment and the designing and building of much special machinery equipment. It meant expensive, labor-saving devices for quantity production impossible to the small producer. It meant an organization specially trained to buy the best materials in the world's markets practical at first hands, to import, and test chemically and biologically for strength and purity and therapeutic effect. It meant trained specialists to direct and supervise every step and process. It meant rigid inspection, testing, and rejecting of the unfit and thoroughness in completing, packaging, stocking and shipping that which conformed to the high standards and passed the rigid tests and inspection.

This policy required large capital invested in raw materials, in intricate laboratory and factory utensils, mills, mixing vats, stills, presses, aging tanks, filling, labeling and packaging machines. It even required one of the largest, best and most completely equipped private printing plants in the country. It required large storage space for drugs, chemicals, spirits, oils, seeds, roots, barks, spices, bottles, cans and containers. It meant great expense, constant and exacting pains but results were what was desired.

The policy of **making everything** and the practice of supplying the largest and best line built up the largest, most complete, best equipped, and most scientific and efficiently operated Laboratories and Factories of their kind. They employ a larger number of people that are constantly busy, and have larger capacity and output than any similar concern.

Those who have Products made by others save in equipment, investment, space and help but they can't control the final quality and value and effectiveness of the output of some one else's factory and they must pay others a profit for making things for them. They can't render a complete, economical or wholly satisfactory service. A factory making products of varying specifications for jobbers cannot do the best for any one. Rawleigh's make all of their Products and they make nothing else for any one. The Rawleigh Service is the one complete Good Health Service. This makes it easy to know that the Products are the best and most practical, uniform and economical and safe in every respect.

Now those completely equipped plants and trained organization have every facility for rendering the most complete and most useful Service and their resources, complete equipment and organization are energetically and faithfully devoted to giving the best of value and Service.

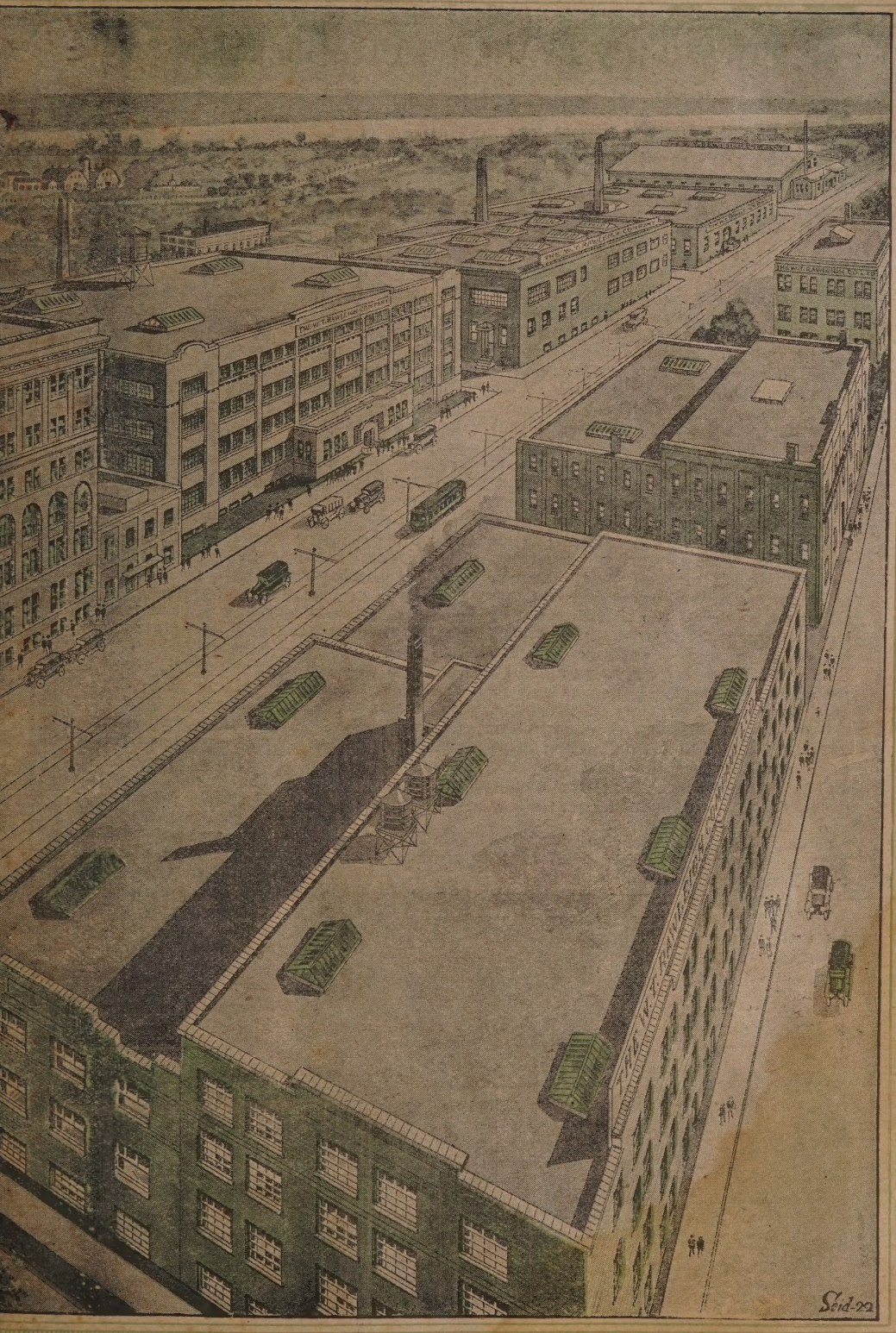


RAWLEIGH AVENUE, SHOWING THREE AND ONE-HALF BLOCKS

A composite grouping of Rawleigh Buildings made from photographs which cannot do justice to their size or capacity or the completeness of equipment in more than 15 acres of floor space. Rawleigh's is the world's largest, most complete, and most productive industry providing a direct to the home Service.

On the Left, Freeport and Memphis Factories and Minneapolis, Chester and Oakland Branches of *The W. T. Rawleigh Company* with Freeport Disinfectant Factory and Ideal Farms in the background.

On the Right, Winnipeg Factory and London and Montreal Branches of *The W. T. Rawleigh Company, Ltd.*



RAWLEIGH'S BRANCH HOUSE SERVICE

IN addition to having the largest and most complete Laboratories and Factories most centrally and advantageously located at Freeport, Memphis and Winnipeg, The W. T. Rawleigh Company also has the largest and completest Branch House Service with Distributing and Sales Branches at Chester, Oakland and Minneapolis and London, Ontario, and Montreal, Quebec.

From the transportation standpoint in the central location of Freeport no other similar concern enjoys such exceptional shipping facilities as it is just outside the world's largest railroad center in Chicago and has railroads radiating in nine different directions, giving shorter hauls, lower freight, quicker service and lowest production and distributing costs to the great central group of states.

Memphis and Winipeg are unquestionably the points from which service and economy in assembling, manufacturing and in distribution can best be given to the states and provinces they dominate. On the East and West coasts Chester and Oakland as distributing points afford economies not available in the large cities close to which they lie. At each of these points large complete stocks of finished Products are always available for quick and economical shipment giving an unsurpassed Service, larger values and lower prices than those generally prevailing.

Rawleigh's large new Branch at Minneapolis, the largest and best distributing center of the Northwest, was built, equipped, and stocked to give to the Retailers and Consumers of the Northwest lower freight rates and better and quicker service than is obtainable anywhere South of Minneapolis.

In Eastern Canada the Company's two large Branches at London and Montreal give by far the most complete and advantageous Service in Canada. Retailers and Consumers in Quebec and all who prefer it elsewhere receive Rawleigh Service in the French language. That the excellent Branch House Service is appreciated is shown by the phenomenal recent growth of the Rawleigh business on both the Atlantic and Pacific slopes and in the North from the Soo to the Rocky Mountains through the advantages of the Minneapolis Branch. Carload shipments from the Freeport and Winnipeg Factories are frequent to the Company's five distributing Branches so that without too much duplication of equipment, material and stocks the different distributing points at all times promptly fill orders and give every reasonable Service and attention to the trade in the states they supply.

All of the Rawleigh Branches, save one, are executive Branches with complete sales, recording and correspondence departments, so that their contact to Retailers and Consumers is close and the service is direct and prompt, saving time and expense. It can readily be seen that so large and complete an organization with eight different points from which to supply its Products has quicker service and a far more economical one than any small concern for receiving of supplies, for manufacturing or delivering Products.

The superiority of the Branch House Service encourages and assists Retailers in their business and gives a more dependable service to Consumers with savings, security and satisfaction. Facilities unequalled and an established policy to render the most complete service explain why Rawleigh Retailers are in position to do the most for their many Customers.

The Office, a Packaging Room and a Grinding Room at the Memphis Factory

DON'T FEAR COUGHS AND COLDS

NO other attack is so likely to be made frequently on you or some member of your family as a threatening cold, a sore throat, or an irritating, rasping, strength wasting cough, or a burning, aching, weakening case of grippe. These attacks cannot always be foreseen or prevented, though proper diet, exercise, ventilation, clothing and care against exposure may do a great deal to make us less susceptible. The danger from Coughs and Colds lies in neglecting them until they become serious. The safe and sensible way is to give the system assistance at the first onset and drive them out.

For safe and successful treatment of Coughs and Colds and for sure security against their attacks nothing else is so sensible, practical and reliable as to have in the house an assortment of Rawleigh's Cough Syrup, Cough Balsam, Laxative Cold Tablets, Cough Lozenges, Medicated Ointment, Mustard Ointment, Catarrhal Relief, Antiseptic Solution, Aspirin Tablets and your favorite Rawleigh Laxative. Then use them early before the attacks become serious.

In **Rawleigh's Cough Syrup** and **Cough Balsam** no expense or pains are spared to make them stronger and better than others. Rawleigh's accomplish this because they make everything complete from the tested and selected crude drugs, by making their own fluid extracts and tinctures and completing every process in their own Laboratories. They make sure that each contains an exact measure of the active principles of the various drugs and the full therapeutic dose necessary to produce the required and useful Cough Medicine.

These Cough and Cold Medicines are safe, free from dangerous drugs. They are strong enough to produce satisfactory results. They loosen phlegm, stop the irritation, relieve the congestion and assist Nature to restore that healthy normal condition that stops the cough. They are laxative and diuretic and assist in regulating the bowels and increasing the flow of urine, thus helping to eliminate the cold poisons from the system.

Rawleigh's Laxative Cold Tablets—Like all of Rawleigh's Tablets, are made complete in their own Laboratories. They are a combination of the best medicinal ingredients for throwing off a cold. They loosen the bowels, open the skin pores and reduce the pain and fever of colds, grippe, influenza and tonsillitis. Taken at the beginning of a cold and as directed they usually bring quick and pleasing relief. They are convenient to carry, easy to take and reliable and thorough in their action. They are one of the most frequently needed and most useful and reliable family medicines.

Rawleigh's Antiseptic Solution as a throat gargle and nasal douche is particularly valuable in overcoming cold in the head, sore throat, coughs and tonsillitis. It is antiseptic and germicidal and cooling and soothing to the inflamed membranes and a safeguard against infections of the sensitive membranes of the nasal and oral cavities as well as in external cuts, scratches and abrasions.

Rawleigh's Medicated Ointment finds one of its most valuable uses in helping to overcome colds. It contains an abundance of menthol, camphor, and eucalyptol that are volatile, penetrating, antiseptic and healing. A small quantity in the nostrils is beneficial in cold in the head and acute catarrh. It is also very effective rubbed freely into the throat and chest on retiring.

For coughing, tickling in the throat, hoarseness and loss of voice, **Rawleigh's Cough Lozenges** are convenient and pleasant and more than ordinarily effective, being medicated to stop the irritation in the throat and coughing and to increase expectoration and to lubricate and soothe the irritated, congested or inflamed membranes. They contain no chloroform, opiates, narcotics or harmful drugs.

The Importance of Intestinal Rhythm

INTESTINAL RHYTHM is the orderly progression of food at regular intervals from the time it enters the stomach until the nourishment is assimilated and the waste matter eliminated. The importance of maintaining this intestinal rhythm and of regular and frequent bowel movements cannot be overestimated. Constipation is the commonest result of failure to maintain proper rhythm of stomach, intestines and bowels and constipation is the beginning or contributing cause of 90% of all sickness and disease. Internal cleanliness is of even greater importance than external cleanliness and is only possible when the bowels are freed of toxic poisons by normal movements and full and free evacuations.

To keep the proper intestinal rhythm so that every digestive excretory organ has about the same work to perform at approximately the same hours in the day it is essential, (1) that food enter the stomach not only at regular intervals but at practically the same hours each day; (2) that digestion take place normally and promptly; and (3) that waste matter be eliminated by bowel movements at regular times every day. To accomplish this the organs of digestion and excretion must act vigorously, harmoniously and in co-operation, each performing its full and true functions, with no blocking up of the current.

Eating poorly balanced and improper foods and at irregular times upsets this orderly progression and persisted in, deranges the stomach and causes constipation. Anything, too, which delays or interferes with the regular evacuation of waste matter by passages of the bowels, greatly disturbs the intestinal rhythm, causing digestive difficulties, constipation and the long and serious chain of complications that follow.

Present day methods of living, rich and concentrated foods, and irregular eating, neglected bowel movements and sedentary habits make constipation almost a universal complaint.

The Bowels Must Move

Proper food and exercise are generally all that is required to enable the bowels to function regularly, but few of us give the right foods and exercises proper attention or observe the rules of living that will insure daily movements. We temporize. But the bowels must move — they cannot remain idle, else the system is soon poisoned, bringing about the most serious results. When the bowels do not move regularly and frequently, Nature needs aid promptly and surely. The proper kind of a laxative helps to restore the necessary movements and bring about internal cleanliness and conditions necessary to health and happiness. Yet laxatives should not be relied upon entirely. They will do their part but they can not offset the effects of continued improper habits of diet, exercise and interrupted bowel movements. They will restore the rhythm but to maintain it the causes of discord and the interruption of harmonious action must be removed and corrected.

If constipation has become a fixed tendency, increase the amount of bulky vegetables in the diet and select foods of laxative nature. Bran is valuable added to the breakfast cereals as rolled oats. It can also be used in muffins or bread. Whole wheat bread is best.

To prevent and correct constipation use each day enough of the fibrous vegetables to keep the bowels free and regular. At least once a day some raw vegetable such as celery, lettuce, tomatoes, onions or cabbage, should be eaten. Other fibrous foods are whole grains, skins of fruits as prunes, figs and apples and such vegetables as squash, carrots, beets and turnips.

To form a habit of regular periods of evacuation is essential. The inclination for bowel movement should never be surpressed as that tends to develop constipation. To empty the bowels after each meal is a good habit as regularity is essential and that keeps up the orderly intestinal movement which is frequently too slow.

Use large quantities of water taken especially between meals and foods, especially fresh vegetables and fruits that have a large water content.

Laxative Medicines are more used and more needed than any other class of medicines. Very frequently some member of the family needs a laxative badly and delays in taking them are dangerous. A good supply of Rawleigh's Laxatives and an understanding of the need of internal cleanliness and intestinal rhythm will prevent the many serious diseases which are the direct result of constipation, such as biliousness, headaches, jaundice, dyspepsia, auto-intoxication, intestinal toxemia and colitis. Prevention is easier than the cure.

Six Kinds of Laxatives

Rawleigh's Laxatives are the most useful and approved kinds. The best known and most valuable laxatives, cathartics and purgatives are scientifically handled to make them convenient and easy and pleasant to take and sure and satisfactory in their results. There are six kinds of different composition to meet the tastes and needs of every one in the form of pills, tablets, wafers, syrup, tea, and effervescent beverage. Most families keep several kinds on hand as some members of the family prefer one kind, while others want something different. After prolonged use of one laxative, a change to another will give more satisfactory results. Many things determine the kind, and amount of laxatives and the frequency with which they should be used. Each individual has preferences and peculiarities. The Rawleigh Retailer can accommodate all and the usual plan is to allow worthy Customers to keep and use such as may be needed.

Rawleigh's Fruit Salts—Derivative Compound. The aperient, anti-toxic, liver-stimulating, stomach-sweetening, diuretic, purgative and tonic properties in the saline and alkaline combination in Rawleigh's Fruit Salts, assist in most ordinary forms of inactive liver, stomach and bowels. The use of these Salts helps to cleanse the digestive tract, to arouse it to activity and to establish intestinal rhythm or regular and harmonious action of the organs of digestion and evacuation.

These effervescent Salts make a pleasant, agreeable and sparkling beverage that is a safe, gentle aperient and laxative. They have a beneficial action on the liver and kidneys as well as promoting a stimulating action on the alimentary canal that is a help to cleanliness and activity of the bowels and sweetness of the entire alimentary canal. They help to purge and flush out the stomach, kidneys and intestines and assist in removing irritating matter from the large intestines and colon.

Rawleigh's Laxative Syrup is a delightfully flavored liquid laxative for old or young, that quickly relieves sluggish bowels, acute and chronic constipation, biliousness, torpid liver and lazy digestive organs. As a purgative it expells the foul waste matter from the system without pain, griping or bad after effects. It removes the congestion in a safe, natural way. As a tonic it stimulates and strengthens the actions of stomach, intestines and bowels, helps to clean the digestive tract and thus assists the assimilation of health giving nourishment that purifies the blood and invigorates the system.

Rawleigh's Laxative Tablets are the pleasantly flavored phenolphthalein tablets, very popular because of their convenience and ease in taking.

Rawleigh's Laxative Wafers are a combination of such valuable laxative ingredients as cascara and senna, nicely flavored and made into convenient candy wafers. Cascara Wafers are preferred by many for the sure bowel movements they promote and the ease with which they are taken.

Rawleigh's Cathartic Pills possess greater strength than Laxative Tablets or Wafers and are recommended to those severe cases which require a strong laxative.

Rawleigh's Laxative Tea is a combination of pure, harmless and wholesome herbs, leaves, and barks which are to be brewed into a liquid tea. This form of laxative is popular with elderly people and those afflicted with weak stomachs. This tea is very beneficial in bowel regulation and control as it promotes free movements.

For more complete information ask the Retailer for Rawleigh's Good Health Bulletins No. 205 Constipation and No. 206 Intestinal Toxemia.

Reducing Pains and Repairing Injuries

EVEN the most healthy, strong and careful cannot always avoid accidents, painful injuries, bruises, sprains and internal aches and pains. The common aches and pains cause much needless suffering and often danger which could quickly be reduced by the prompt use of reliable pain medicines which serve the double purpose of easing the pain and assisting Nature to a quick normal recovery.

Be Ready For Emergencies—Most of the painful injuries and ailments come suddenly without warning and it is only prudent to keep constantly on hand, ready for instant use and to give immediate relief, the tried and reliable Rawleigh's Aspirin Tablets, Liniment and Anti-Pain Oil, Camphor Balm, Antiseptic Healing Salve, Mustard Ointment and Medicated Ointment. These give universal satisfaction in relieving practically all forms of common injuries, lameness and pain. They have so many uses in every home that no family can afford to be without them. Their timely use stops countless pains, relieves suffering, heals injuries, corrects disorders and often saves doctor bills. The Rawleigh Retailer will allow you to keep them on hand to have them ready for the time of need.

Rawleigh's Aspirin Tablets

Are the best, most useful and reliable means of reducing pain and suffering. Aspirin is a standard and well recognized drug that is quick and effective in bringing temporary relief from suffering by acting upon the nerves to deaden the sensation of pain. It contains no opiate, narcotic, or habit-forming drug and taken according to directions is entirely safe, reliable and harmless. It has been prescribed by physicians and extensively used to reduce pains, aches, colds and certain feverish conditions, such as Headache, Toothache, Earache, Neuralgia, Sciatica, Lumbago, Rheumatic pains, Neuritis, Influenza, Grippe, Aching Joints, and as a pain reliever.

Rawleigh's Aspirin Tablets are made in our own Tablet Making Department from the best and purest of materials. They are convenient and easy to take and quick and wonderfully effective in bringing comfort and ease in place of pain, suffering and restlessness. Rawleigh's Aspirin Tablets, the most reliable and economical, should be in every home.

Rawleigh's Anti-Pain Oil

Anti-Pain Oil relieves severe pain, heals injuries and corrects ailments quickly, completely and in Nature's way. The highly refined, volatile vegetable oils in it penetrate the tissues quickly when applied, overcome irritation of the nerves, relieve congestion, stimulate a healthy circulation of blood in the affected parts and thus assist in relieving pain, healing, repairing, and upbuilding.

It is pungent, penetrating and soothing, making it helpful in the relief of hay fever, cold in the head, nasal catarrh, earache, toothache, headache and as an application for bruises, strains, sprains and lameness. It is stimulating and warming to the stomach and bowels and quickly corrects flatulency, colic, cramps, cholera morbus, diarrhea, dysentery and bowel complications and irritations that are painful and often dangerous.

It is made especially for human aches and pains, either internal or external. It is preferred by many because it is not hot and unpleasant to the taste nor does it smart, burn or blister, but is soothing and aromatic.

Rawleigh's Liniment

Rawleigh's Liniment was one of the first and has always been the leading Rawleigh Product. The wide range of troubles for which it is most reliable and useful in affording relief from suffering and in assisting to recovery make it the best known, most generally used and most highly regarded general purpose family medicine, pain reliever and liniment for internal or external use for almost all the ordinary painful injuries, muscular aches and stomach and bowel pains. Rawleigh's Liniment is more penetrating, richer in oils, more potent, effective and satisfactory than others.

As an external application Rawleigh's Liniment is the favorite for relieving muscular lameness and soreness, for bruises, sprains, burns, chilblains, neuralgia, lumbago, rheumatic pains and swellings, strained muscles or tendons, bruises, wounds, aching joints and whenever a warming, penetrating Liniment is needed.

Used internally, Rawleigh's Liniment quickly relieves the pains of colic, cramps, indigestion, cholera morbus and checks acute diarrhea and dysentery. In colds and grippe it stimulates circulation and increases perspiration and relieves congestion.

For Live Stock Rawleigh's Liniment pays for itself many times over as an external liniment for lameness, injuries, bruises, wounds, sprains, and cuts and internally as a reliable relief for colic, bloat, diarrhea, scours, forage poisoning, garget, colds and distemper.

Rawleigh's Mustard Ointment

Is a deep-penetrating counter-irritant and rubefacient that is valuable in reducing muscular and deep seated aches, pains and lameness. It is far better than old fashioned mustard plaster for it acts quickly, is convenient to apply, does not blister or give the disagreeable after effects. It relieves congestion, pain and soreness and increases circulation, thus hastening repair of injury. It is valuable to rub on the throat or chest to relieve spasmodic croup, sore throat, tonsillitis, colds, pleurisy, but most used for rheumatic pains, sciatica, neuritis, neuralgia, sore muscles, swollen joints, lame back, stiff neck, lumbago, sprains, intestinal colic and common pains. It is both an ointment and pain killer of greatest effectiveness.

Rawleigh's Medicated Ointment

Such splendid medicinal, germicidal and antiseptic ingredients as camphor, menthol and eucalyptol, combined in just the right proportion with a very highly refined base make Rawleigh's Medicated Ointment popular and useful as a healing, soothing, pain-relieving application for all inflamed and irritated surfaces and membranes. It is particularly valuable for relieving colds in the head, croup and acute catarrh and the most satisfactory ointment for chaps, chafes, burns, chilblains, scratches, cracked skin or lips, cold sores, earache, insect bites and stings and piles and is cooling and soothing to an irritated face after shaving or for any soreness or roughness of the skin.

Rawleigh's Antiseptic Healing Salve

The best general purpose Salve and Ointment for external application to surface injuries, cuts, wounds, burns, chaps, cracks, sores and irritations. Its antiseptic properties aid in keeping wounds free from pus or proud flesh, prevent and destroy germs, and promote healthy granulation and prompt healing. It is softening and soothing to the skin and a protection to raw surfaces. It is highly medicated, so that it lessens painful irritation and aids healing processes in a natural way. Antiseptic Healing Salve is just as beneficial on live stock as for human use. The large box makes it very economical for house or barn use.

Rawleigh's Camphor Balm

A creamy emulsion containing camphor, ammonia, turpentine, and other valuable oils, making a particular effective rubbing liniment for external use. It reduces congestion and relieves all forms of external and muscular aches, pains, lameness, bruises, sprains and strains. It is particularly effective in rheumatic and neuralgic pains, being a counter-irritant and rubefacient that does not burn or blister. Rubbed into the throat and chest it is valuable in relieving congestion in croup and colds and inhaled it is helpful in colds and headaches.

THE story of spices is one of the world's oldest, longest and most fascinating romances. When the Queen of Sheba visited King Solomon she brought gold, precious stones and spices, and "All the Kings of earth brought to Solomon every man his presents of silver, gold and spices." When Joseph was sold into bondage in 1729 B. C., he went with a caravan bearing spices, balm and myrrh into Egypt.

From the far East, through India, Araby, Phoenicia and Eygpt, by rude boats and pack train and caravan over mountain and desert came the rich spices. They were the most prized and valued articles of commerce and their trade for all the centuries had great influence in the world's history.

Spices are used as condiments and for medicinal purposes. As condiments they add flavor and zest to insipid foods making them appetizing and delicious. Besides relieving the monotony in diet they increase the flow of saliva and of the digestive juices. They are stimulating and tonic in their effects. They also have very definite preservative value and are much used in meats, pickles, preserves and sauces.

Spices are well nigh indispensible in the kitchen and on the table where well seasoned food is enjoyed. Housekeepers should use Spices wisely and in moderation to produce satisfactory flavors and sufficient variety to make food delicious and appetizing. Just enough to please the taste and appetite with the desired flavor and to increase the flow of saliva and gastric juice is best for good health.

Rawleigh's Spices satisfy and delight the most discriminating because of their unusual strength, their rich aroma and full natural flavor. Their supreme quality is evident at the first taste or smell of the merest pinch. They give genuine economy because they go further and season better than ordinary spices. Cheapness is not a consideration in buying spices because you can get from the Rawleigh Retailer delivered to your home absolutely the best spices in the world at about the same prices as are usually paid for ordinary spices.

There is a dash of deliciousness in every grain of Rawleigh's Spices. It is the taste-tempting flavor which can come only from pure, fresh spices of the best varieties and finest qualities, properly cured, packed, shipped and stored and then milled by methods which preserve the flavor-giving oils and packaged in air tight cans that hold the richness in flavor, pungency and aroma.

In Spices Rawleigh's complete international and co-operative Service is of especial value. Rawleigh's buyers make periodical trips through the spicelands of Africa, Zanzibar, India, Cochin China, the Dutch East Indies, Straits Settlements and Europe. They make selections and purchases from first hand producers and sellers of the choicest varieties and offerings of Spices. Rawleigh's imports immense lots of Spices direct to their three Factories. Then they are milled on special machines to break the Spices into natural grains and retain the oils that give a large part of their flavor and value. When ground and sifted they are immediately passed to automatic filling, covering and scaling machines and packed in air tight containers which prevent evaporation, loss of strength and deterioration. They are promptly shipped to Rawleigh Retailers and by them delivered fresh and full of piquancy to Consumers.

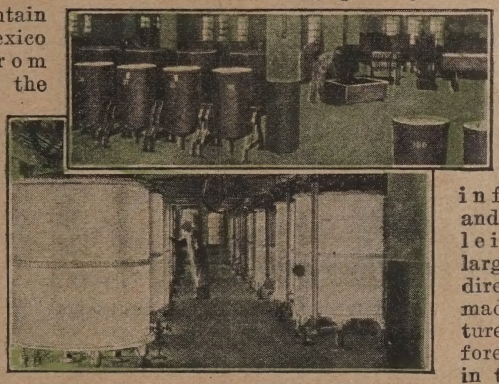
Rawleigh's Spices are thoroughly tested, they exceed the requirements of the pure food laws. They are packaged untouched by hands into air-tight, easily opened, patented, sifter-top cans. These cans preserve the full strength of the Spice, are sealed against dust or dampness, and yet are ready for instant use without removing the lid. The last of the package is as good as the first. The sifter-top cans make Rawleigh's Spices still more popular.

You get the best in quality—the most in value, from the Rawleigh Retailer. Keep plenty of Rawleigh's Spices to last, for they will not spoil and you won't like other Spices after you have a taste for Rawleigh's.

FROM sunny Sicily in the Mediterranean Sea in the environs of the famous Mount Aetna and out through the historical sea port of Messina come the finest of oils of Lemon and Orange. It is there that those fruits grow in abundance and of qualities that make the best oils. The peasants express the oils from the rinds of the fruit by hand and machine processes, put them into copper cans and on the backs of donkeys transport them from the interior to the nearest buyers who prepare them for market. Nowhere else has the industry been so successful as in the island of Sicily.

There in the best native markets, Rawleigh's buy the finest offerings of these expensive essential oils for Rawleigh's Extracts of Lemon and Orange. They are imported direct, tested thoroughly and then in largest quantities and with the most improved processes and completest equipment made into delicious, natural, fruity extracts that give the most in quality, quantity and value.

From a mountain valley of Mexico just inland from Vera Cruz, from the Reunion Islands and Madagascar come the finest of Vanilla beans, the dried fruit of a delicate climbing orchid. From these Vanilla beans the most popular flavor is made—Vanilla Extract.



Modern Equipment for Extract Making

It is no easy course from the Vanilla bean to the delightfully flavored dessert. In fact it is a difficult, long and expensive process, requiring skill and care in growing the beans, painstaking watchfulness in curing and preparing them for market, huge investments to buy and import them direct and keep them in storage. Then it takes long experience, expert chemical skill, elaborate equipment, and from six to ten months' time to cut, macerate in spirits, age, filter, finish and in clean, glass-lined tanks again age the Vanilla Extract to develop the rich, mellow, delicate and delicious flavor for which Rawleigh's Extract is so much esteemed.

Few manufacturers can afford the large investment in time or money or equipment, neither do they have the technical skill or experience necessary to produce the finest extracts. They must resort to cheaper and inferior materials and methods. Rawleigh's made the largest purchase and direct shipment ever made by a manufacturer when their foreign buyer secured in the islands of the Indian Ocean and shipped direct to the Freeport Factories Vanilla beans that made two large carloads received by express in a single shipment. This is the largest single purchase and largest shipment of high grade and expensive Vanilla beans ever made by any manufacturer.

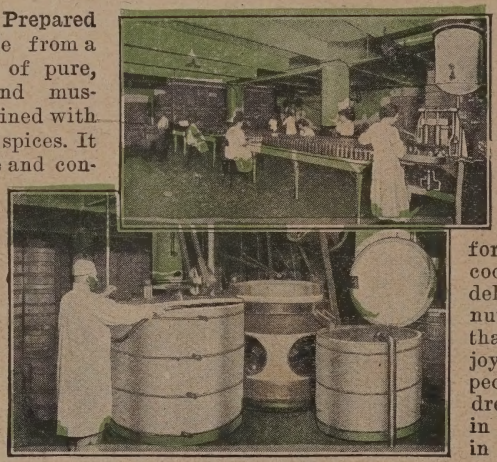
On such a large scale, by such a complete organization only can Extracts of the quality of Rawleigh's be made on a competitive basis. After the Extract is finished the real test comes and that is the test of practical use in the homes of five million satisfied families. The richness, the delicious, yet dainty flavor, the lasting quality that neither freezes or cooks out, the strength that makes the bottle go further and the economy and satisfaction they give have made Rawleigh's Extracts and Flavors the most popular kind wherever the Rawleigh Service reaches.

For the Kitchen and Table

IN the kitchen and at the table the family health, efficiency and contentment are largely determined. Foods should be pure and clean and well cooked. They should be appetizing in appearance and in the way they are served, delicious in flavor, and nourishing in substance and properly balanced in variety to provide the elements the system requires and of bulk and consistency and kind to maintain the proper physical action of the bodily organs.

Realizing this, Rawleigh's provide with their Good Health Products scientific and dietetical information regarding restoring and maintaining health by proper diet and furnish many recipes for delicious and practical good health foods. Further than this a very considerable part of the Rawleigh Good Health Products are food products. These include the renowned Rawleigh Extracts and Spices, Cocoa, Baking Powder, Cream of Tartar, Prepared Mustard and Melomaze.

Rawleigh's Prepared Mustard is made from a special blending of pure, high-grade ground mustard seeds, combined with vinegar, salt and spices. It is absolutely pure and contains no filler of any kind. This new Product quickly became so popular that carload shipments are made to the distributing branches. It is surprisingly delicious and appetizing and wins a permanent place on every table where it is once used. Every one likes it so much that even the large jars are quickly emptied.



Grinding, Mixing and Packaging Rawleigh's Prepared Mustard

Rawleigh's Phosphate Baking Powder is made of the purest, and best materials, accurately tested and scientifically compounded. It is made under ideal conditions, accurately standardized and sealed in air-tight packages. Doctors and highest authorities agree that the perfect baking powder is the phosphate type. Rawleigh's Phosphate Baking Powder is pure, wholesome, perfectly balanced, leaves no injurious residue in the baking, and has full and perfect leavening qualities. There is no better, or more satisfactory baking powder and the price is as low as is possible with highest quality.

Rawleigh's Cream of Tartar insures purity and high quality at fair value. This is a new Rawleigh Good Health Food Product that measures up to the highest standards. It has a place in every well provided kitchen.

Rawleigh's Good Health Cocoa is a pure high-grade, all-purpose Cocoa for drinking and cooking. It makes a delicious and highly nutritious beverage that every one enjoys and which is especially fine for children. It can be used in place of chocolate in puddings, cakes, sauces, icings, candies, etc. It adds delicious flavor and increases food value. Frequent use of Rawleigh's Cocoa as a drink and in desserts delights practically every one.

Melomaze is a Rawleigh Good Health Food Product from the ripe, rich, mellow corn for preparing delicious and nutritious desserts easily and quickly. It is wholesome, satisfying and dainty, and adds many new attractive and pleasing dishes to the family diet in making pies, cakes, puddings, custards, ices, ice creams, salads, candies, etc. There are six popular flavors. Try this dainty, delicious dessert that supplies nutrition in so convenient, concentrated and pleasing form.

THE bath as a health factor is invaluable, yet it is frequently neglected largely (1) because people do not appreciate its value, (2) because they have never formed the habit and (3) because it is so inconvenient to take a bath in the home. Many cases and in a sense the most excusable are the latter, but should this be allowed to continue?

We are all aware that too many farm homes lack the equipment which makes this great health factor freely available to the occupants. The expense of installing is considered without regard for the actual money value or the comfort this improvement would mean. As a health factor and time saver for the housewife and whole family the values of this equipment is represented by: increased efficiency, fewer doctor bills, less hired help, more time to study means of increasing profits from poultry, healthy children who learn more rapidly and the satisfaction of a convenient house which cannot be estimated in money value.

The cost of equipment is not sufficient to justify this dodging of such valuable farm home improvement.

The bath plumbing and equipment directly affect the health by:

1. Making the bath more frequently used for its various purposes.

2. Providing a safe place for the disposal of waste water.

3. Overcoming the fly and mosquito breeding mud holes where waste water from the house is emptied.

4. Avoiding dangers of exposure and over fatigue of the housewife.

5. Giving the housewife more time to study and practice health measures in the home.

There are several types of bath which are of great health value, three of which should be used frequently by all to maintain health and efficiency.

(1) The cleansing bath is warm or hot and should be used daily. Taken as a morning sponge followed by application of cold water it serves as both a cleanser and stimulant. Sponge the body while the water is hot. When the body becomes slightly red apply cold water with the hands and rub briskly with a coarse towel until warm.

Rawleigh's Good Health Toilet Soaps

For the man who is doing dirty work this bath is best applied upon arrival from work and before the evening meal. It gives a rested, renewed feeling for the rest of the day and makes digestion better by relieving fatigue. Where work continues up until bed time, the cleansing bath may be combined with the restful, soothing bath taken just before retiring and not followed by the cold splash.

(2) The neutral or warm bath is invaluable for its soothing, sleep giving and relaxing effect. This bath should be taken before retiring to relax tired muscles and tense nerves. Farmers, especially during their busy season will increase their fitness and efficiency by regularly taking the warm bath before retiring. In such cases it may be used for both cleansing and relaxing purposes but should be taken slowly, starting with the water warm and continuing until it becomes neutral or cool, relaxing completely for several minutes while in the water.

(3) The cold bath is a valuable stimulant, whether taken as a plunge, sponge or shower. It tones the nerves and blood vessels, thus equalizing the circulation, and eliminates mental and physical fatigue. It forms a good start for the day taken upon rising. When taken to relieve fatigue during the day it should follow a relaxing or warm bath. The cold bath should always be followed by a brisk rub to avoid chill and should be taken only when the body is warm to be sure of proper reaction.

EATING FOR EFFICIENCY

YOU are responsible for a complicated, wonderful machine—your body. You stoke this machine with food to supply material for repairs and construction. Upon your food, therefore, depends primarily the efficiency and power secured. An efficient engineer selects the fuel best adapted for his machine and for the results desired. He does not, for instance, cram his fuel box with paper and expect a steady fire to last him for hours. Neither should we eat heavily of sweets and expect more than a temporary stimulation of strength.

The Kinds of Food

To select our fuel intelligently, we must know what results can be expected from each type. The purpose foods serve and their power giving qualities form the basis for the following classification of food elements.

1. **Body building foods.** Protein contained in eggs, meat, milk, beans, peas, etc. forms the material to build muscles and corresponds to the repairs put on the machine. Too much protein impairs the body machine just as unnecessary repairs would hinder instead of help the engineer's machine.

2. **Heat and Energy Producers.** Carbohydrates, such as flour, potatoes, cereals, cornstarch, sugars, etc., are heat and energy producers, and correspond to wood or kindling supplied to your machine. The sugar, particularly, is absorbed very quickly into the blood. For this reason, sugar should be avoided on an empty stomach as it destroys the appetite for the body-building and other foods needed.

Another class of heat and energy producers are fats, such as fat meat, cream, butter, oils, etc. These foods correspond to coal as fuel; that is, they burn more slowly and furnish a steadier and greater amount of heat.

3. **Bone Builders and Body Regulators.** Minerals contained in all green vegetables, fruit, whole-grain cereals, etc., are bone builders. They also help to keep the body functions regular, just as oil keeps the machine moving easily.

4. **Water and Bulk Foods.** Water and the bulky part of such vegetables as celery, cabbage, etc., have no actual fuel value, but are essential to regulate the heat and remove the waste material from the body.

Work Determines Food Need

To run your body machine efficiently, you must select your food on the basis of the work to be done. Energy foods are the most important since no part of the body can live without fuel. The fuel, however, should be supplied only in needed amounts. It is as ridiculous to eat more than the body needs, as it would be to get up a full head of steam in an engine, and then let it stand idle.

The physical laborer requires a large amount of fuel food, especially when he is exposed to low temperatures. This fuel food should be composed of about 6-10 heat and energy foods, or carbohydrates (see above) and 3-10 fats (chiefly butter, cream and some animal fats.) The remaining 1-10 should come from the body building or protein foods.

Those who are physically inactive should consume an abundance of fresh, coarse vegetables, fruits, and whole grain preparations, thus supplying body regulators and cleansers with little fuel value. Fat and protein should be used sparingly as these materials are not consumed by mental work.

The prospective mother should eat her usual diet as to quantity, with an abundance of fruits and green vegetables to supply minerals and bulk. Fat foods should be used sparingly, and consist mostly of butter and cream. Several light meals daily may prove more advantageous than three heavy ones. Avoid over-eating since at this time the body has heavy enough work without increasing the work of the excretory organs.

The growing child of school age should have protein in larger amounts than the adult but mainly in the form of eggs, milk, and cheese; an abundance of carbohydrates with little fat except that contained in the milk and butter, plenty of fresh fruits and vegetables and whole grain cereals. Cereals are valuable in the form of breakfast foods, puddings and desserts, since by their concentrated form they supply the fuel need without overloading the relatively small stomach of the active, growing, adolescent boy. The adolescent girl needs a large amount of green vegetables to supply iron for the building of blood and nerves, while her need for fuel foods will be less.

Feeding the Child

The food for the small child must be carefully selected if he is to build a good body machine and start it functioning properly. The ideal food for the first year is mother's milk, regulated if necessary through the mother's diet and by giving between feedings a teaspoonful of strained orange or tomato juice once a day during the second month, and gradually increasing to a tablespoonful during the third and fourth months. The mother need make but little change in her usual diet if well balanced, except to eat a larger quantity since she must supply fuel for two machines.

If artificially fed, the physician's instructions should be carefully followed. Regularity of meals and absolute cleanliness in handling the foods and bottles are first essentials. Prepare the total of the day's food at one time, fill the bottles and keep in a cold, clean place until needed. Milk left from one feeding should not be saved for another. Always discard what is left in the bottle after the feeding.

When artificially feeding, the infant should be held in the position as when nursing, thus avoiding the swallowing of air, spilling of milk on the bed and the other trials that come when the bottle is given to an infant lying in bed.

At the age of two years, the child should have strained, well-cooked cereals, fruit juice and small quantities of green vegetable pulp in addition to a quart of milk daily. Toasted or dried bread to develop the teeth should be given rather than soft bread with meals.

Gradually increase the variety of foods, adding potato with butter, preferably baked, and other mild vegetables. Allow the child to become accustomed to one food before adding another to his diet. Well cooked cereal with whole milk or cream may be added about the third year. Avoid rich sauces, pickles, tea, coffee, excessive sweets, pastry, hot breads, meat, other than in very small quantities until the sixth or seventh years.

Do not give the child a taste of foods he should not eat even though they be on the table. Teach him always to be satisfied with the foods that are best for him. Desserts in the form of simple milk and egg puddings, plain cake or cookies, with little or no frosting, fruit, plain or with thin cream may be given. Stewed or raw fruit may be used with little sugar. Only mild fruits being used raw.

Simple Menu Rules

Meals should always be planned to meet the daily food needs of the family individually and as a group. This is not difficult since many foods meet the demands of simplicity for children and of fuel for adults.

1. Select foods that meet the child's needs as a meal basis, rather than feeding children on foods that suit adult whims.

2. Plan a quart of milk for each child and a pint for each adult before buying meat.

3. Cereals give fuel, concentrated food for the growing boy, simple food for the small child and if whole grain is used, supplies bulk and mineral for the whole family.

4. Have one green vegetable to supply mineral and for adults serve one raw vegetable each day.

5. Have fruit juice for a small child and fruit for the older children and adults.

6. Have meat in small quantities for older children and adults, providing eggs, milk and cheese as building material for the younger children.

7. Avoid two foods of similar consistency, flavor or fuel value at the same meal. A tendency of sameness, lack of color, or lack of harmony of colors, deprives the meal of its appetizing qualities.

8. Select a food from each of the groups in the food classification, then fill out the daily menu to the desired bulk with the foods from the coarse vegetables for sedentary workers and from the fuel group for the active growing child and active laborer.

9. Avoid fried foods, rich pastries, hot breads and heavy puddings unless suitable other food is provided for the children.

10. Plan the child's heavy meal at mid-day whether the family has theirs at that time or not.

MELOMAZE furnishes an excellent dessert rich in food value and with a variety of appetizing flavors.

Attractive and Nourishing Vegetable Dishes

VEGETABLES hold an important place in the diet due to the large variety of needs that they serve. They are chiefly valuable for their vitamines, indigestible material, which stimulates intestinal action, and mineral salts, which tend to counteract the acid effect of meat upon the body, regulate body functions and build bony tissue.

The starchy vegetables supply a quickly digestible form of energy giving food while the legumes as peas, beans and lentils, supply much building material.

Vegetables, when cooked, should be steamed or baked rather than boiled to avoid mineral loss in the water, and if boiled—started in boiling water. Raw vegetables stimulate the appetite both by their crisp, colorful appearance and delicate flavor. These vegetables, often termed "salad vegetables," should be served fresh or kept in a cool place.

Boiled and Fried Rutabaga

3 rutabagas
½ teaspoonful salt
⅛ teaspoonful pepper.
1 tablespoonful lard
⅛ teaspoonful soda

Peel and slice rutabaga ½ inch thick and boil in slightly salted water until tender; then drain, roll in flour, and fry in hot drippings, adding salt and pepper to taste.

Fried or Baked Parsnip

4 large parsnips
½ teaspoonful salt
⅛ teaspoonful pepper
Butter the size of an egg
3 eggs, beaten
½ cup sweet cream
1 cup bread or cracker crumbs

Boil the parsnips until tender, then drain and mash, add salt and pepper, butter, eggs, cream and bread crumbs and fry like fritters, or bake in the oven.

Escalloped Cabbage

1 head cabbage
4 tablespoonfuls butter
4 tablespoonfuls flour.
1 quart hot milk.
6 hard boiled eggs
1 teaspoonful salt
⅛ teaspoonful pepper

Trim the cabbage, cut in quarters, and cook in slightly salted water about 20 minutes, then drain, chop fine and mix with a dressing made of butter creamed with flour, and hot milk, stirring constantly. When the flour is done, add the hard-boiled eggs, chopped fine, and salt and pepper. Turn the cabbage and cream mixture into a buttered baking pan, sprinkle the top with bits of butter and bake in a quick oven about 15 minutes.

Harvard Beets

12 small beets
½ cup sugar
½ tablespoonful cornstarch
½ cup vinegar
2 tablespoonfuls butter.

Wash the beets, cook in boiling water until soft, remove skins, and cut beets in thin slices, small cubes, or fancy shapes, using French vegetable cutter. Mix the sugar and cornstarch. Add the vinegar and let boil five minutes. Pour over beets, and let stand on back of range one-half hour. Just before serving add butter.

Tomato Salad

6 tomatoes
1 cup salad dressing
Red pepper.
1 head lettuce

Select tomatoes of good shape and color. Cut three thin slices off top of each tomato and place on salad plate. Cover center of slices and top of tomato with mayonnaise, garnished with red pepper. Serve on lettuce. If desired, fill center of tomato with equal parts of pineapple and celery mixed with mayonnaise. Serve on separate salad plates. This recipe serves six people, one tomato for each person.

BREADS AND CEREALS

FOR the active physical laborer, growing boy or girl and the infant, cereals have a definite place in the diet, due to their concentrated form of energy giving food. This type of food adapts itself readily to many modes of preparation, since they appear suitably at all meals and in desserts and breads, as well as in soups.

Cereals form one of the first materials given the infant other than milk, since the valuable food and mineral can be drawn into a liquid which is suitable to the child's diet.

Whole grain breads and cereals are more valuable than the more refined product because they do not have the mineral and bulky part removed. When the refined or prepared breakfast foods are used, bran should be added to supply this needed material. Coarse breads or coarse cereals used in puddings add bulk to other meals of the day.

Cereals may be used to advantage in several classes of dishes as (1) To replace a starchy vegetable, (2) Desserts, as puddings, pastry and cakes, (3) Breakfast dishes, and (4) Breads.

Graham Nut Bread

2 cups sour milk
1 cup brown sugar
1 teaspoonful soda
1 teaspoonful baking powder
⅛ teaspoonful salt
1 cup white flour
3 cups graham flour
1 cup nut meats

Brown Bread

2 cups sour milk
⅔ cup molasses
2 teaspoonfuls soda
2 tablespoonfuls melted butter.
4 cups graham flour or
2 cups white flour and 2 cups graham
1 cup raisins

Bake one hour in slow oven. This makes two loaves.

Bran Nut Gems

1 cup sterilized bran
1 cup graham flour.
3 teaspoonfuls melted shortening
⅞ cup milk
1 teaspoonful salt
1 egg
1 tablespoonful sugar
3 teaspoonfuls Rawleigh's Baking Powder
1 cup nut meats

Mix the bran, flour, salt, sugar and baking powder together, beat the egg, add milk and dry ingredients. Mix well and add the melted butter, and nuts and turn into buttered muffin tins and bake in a hot oven 20 to 30 minutes.

Scotch Bran Brose With Figs

1 cup rolled oats
1 cup sterilized bran
1 cup figs chopped
1 teaspoonful salt
2½ cups water

Heat the water to boiling point, add the salt, sterilized bran and rolled oats. Let boil 10 minutes, add figs just before serving. This dish is intended for corrective measures rather than for nutritive purposes. The combined cooked and steamed granules of the bran serve as bulk in the elementary tract.

When cooked in double boiler 30 minutes before adding figs, the nutritive value of this dish is greatly increased.

Fried Rolled Oats

Use rolled oats left over from breakfast. Form into cakes, roll in beaten egg, then cracker crumbs and fry in little fat. This makes a very good lunch or dinner dish and a good means of using left over cereal.

Macaroni a l'Italienne

½ cup macroni
1½ quarts boiling salted water
¼ cup chopped onion
½ tablespoonful butter
2 cloves
1 cup tomato pulp
½ cup grated cheese

Cook macaroni in salted boiling water with cloves, drain when tender, add butter, chopped onion, tomato pulp and cheese. Bake until brown in the oven.

Rice Cakes

1 cup boiled rice
1 egg
¼ teaspoonful salt
2 tablespoonfuls sifted flour
Milk

Mix rice, egg yolk, salt and flour. Beat well. Add sufficient milk until the consistency of sponge cake or thick cream. Add stiffly beaten egg white. Bake in moderate oven.

WELL BALANCED LUNCHES

THE lunch whether carried to school, the woods or eaten at the home table supplies as important a part of the daily food needs as any meal of the day. The picnic lunch is usually characterized by over eating while the school lunch may not supply sufficient nourishment.

The school lunch comes at the time the child should eat his heaviest meal. This should be planned to supply as balanced and appetizing a diet as possible.

Foods for the Lunch

Foods to be suitable for the lunch must be easily carried, easily handled, appetizing after standing and combined to meet the demands of activity, growth and body repair. Milk, eggs, fresh vegetables, fruits and cereals should form the basis of the child's diet and so of the school lunch. Meats and rich, fried and indigestible foods should be avoided except in small amounts, being replaced by milk, cheese, vegetables and fruits. Celery, radishes and tart jellies replace pickles admirably.

The lunch should have variety of foods, both as to materials and manner of preparation and should be attractive yet simple in flavor. The growing girl needs an abundance of foods rich in iron to build nerve and blood, while the growing boy needs fuel and muscle building foods.

Sandwiches form the background of most lunches, thus should be planned to hold the place of the meat dish of other meals. Spread filling uniformly on the bread and well out to the edges to encourage eating the bread crusts which are valuable for the teeth and are more quickly digested than white bread. For the very active or thin child the bread should be thickly spread with butter while for the fleshy individual, little if any should be used.

Sandwiches should never be all alike in a lunch and the number is determined by what nutritious food is to be used with them.

Salads are an appetizing, attractive addition to the lunch which offer a means of supplying mineral and vitamine as well as variety and succulent foods. The salads used in the lunch should be as dry as possible to make handling easy. Paper cups with closely fitting lids should be used to keep the salad moist without injuring dry goods. Moist salad can be so carried. Tomatoes, lettuce, cabbage, celery and stuffed fruits are the most easily handled foods, are attractive and supply the necessary bulk. In preparing salads for children, dressings which include little fat are preferable.

Fruits and Desserts have an important place in the lunch menu since they supply fuel for heating the body, and meet the demand for a sweet.

When economy forbids the use of fresh fruit, canned or dried fruit can be satisfactorily substituted if properly and carefully prepared. Fruit should appear in every lunch in some form to insure necessary mineral and vitamine in case fresh fruit is used.

Desserts in the form of plain cookies, made more appetizing and nutritious by the addition of fruit, custards, bread or cereal puddings and plain layer cake with a chopped fruit filling are sweets which have a high nutritive growth producing value.

Beverages and Soups are seldom carried with the lunch. When the lunch box is equipped to carry these foods they are decidedly beneficial. In cold weather a hot drink or hot soup to take with the cold food encourages digestion, while a cool fruit drink adds attractiveness and nutritive value.

Where a hot dish is prepared at school, the hot drink or soup is less important, although milk is valuable with any lunch.

The usual beverages and soups are cream soups, cereal coffee, cocoa, milk, and fruit juices.

The Lunch Box

One of the essentials of a well ordered lunch is a suitable container. The ideal lunch box should be easily cleaned, properly ventilated, compact and easily carried.

One of the most generally satisfactory carriers is the metal folding box which is compact, easily strapped with the books, easily cleaned, well ventilated, does not crush food as does the paper bag and does not absorb odors. This box is particularly valuable where a hot lunch is served since the thermos bottle would not be needed.

The tin pail if used, should have perforations around the sides, and one with a secure bale and tight lid should be selected. All foods should be wrapped in oiled paper, each kind of sandwiches wrapped separately, to avoid the mingling of odors.

Date and Walnut Salad

1 box dates
1 cup cottage cheese
¼ cup salad dressing
½ cup chopped nut meats
⅛ teaspoonful salt

Select firm, well shaped dates, immerse in cold water, remove the stones and wash in very hot water. Cool and dry between clean towels. Fill the center of each date with mixture of cottage cheese, mayonnaise and chopped English walnut meats. Dry thoroughly, wrap in oiled paper and pack in a paper cup having a fitted lid.

Stuffed Eggs

6 eggs
¼ teaspoonful salt
½ teaspoonful pepper.
½ teaspoonful Rawleigh's Prepared Mustard
2 tablespoonfuls olives, finely chopped, or
1 tablespoonful chopped pickles
3 tablespoonfuls celery, finely chopped
1 tablespoonful butter

Hard cook eggs. When eggs are hard, plunge into cold water. When cool, remove shell. Cut eggs lengthwise, mash yolk, add butter and cream. Add other ingredients and mix thoroughly. Refill halves, turn two corresponding halves together and pin with a toothpick. Wrap in oiled paper.

Graham Drop Cakes

1 cup sugar
½ cup butter
1 cup milk
2 eggs
4 teaspoonfuls Rawleigh's Baking Powder
½ cup raisins or dates
½ teaspoonful Rawleigh's Lemon Extract
1 cup nut meats
¼ teaspoonful salt
1 cup bran or graham flour
Enough white flour to drop well

Cream butter and sugar, add beaten eggs, milk, add graham flour or bran and salt. Sift 1 cup white flour with Baking Powder, add nuts and raisins and enough more white flour to make a stiff dough, which will stand when dropped from the spoon.

Egg and Olive Sandwiches

2 hard boiled eggs
1½ doz. ripe olives
3 tablespoonfuls lemon juice
½ teaspoonful salt
4 tablespoonfuls salad dressing

Put the eggs through a sieve, stone and chop olives, season with salt and lemon juice, mix all with the boiled dressing and spread on thinly cut slices of buttered bread.

Parisian Sweets

1 pound dates
1 pound figs
1 pound raisins
1 pound English walnut meats
2 pounds powdered sugar

Grind fruit and mix thoroughly, add ground nut meats, knead on a board until thoroughly mixed and moist. Work in powdered sugar, kneading as bread dough using sugar to dredge board. When as much sugar has been added as possible, form into rolls and lay away for two weeks. Cut in slices and serve. The rolls can be dipped before slicing in chocolate. A very good sweet for the children's lunch.

Cheese Salad

½ cup pimento cheese
2 hard boiled egg yolks
2 tablespoonsful butter
2 teaspoonfuls lemon juice
½ cup chopped nut meats

Mash the cheese with a fork, add the butter, lemon juice, chopped nut meats and egg yolk. Mix well and if necessary add sufficient milk to soften to proper consistency for molding. Shape into balls or form into irregularly shaped masses by dropping from the spoon. Roll in a lettuce leaf.

Date and Apple Salad

1 cup diced apple
¼ cup celery, chopped
½ cup chopped dates
⅓ cup chopped nut meats
½ cup salad dressing

Peel apples and cut into as nearly ½ inch cubes as possible. Marinate with the juice of a lemon to prevent discoloration; put the dates into cold water, remove the stems and cut after washing by pouring boiling water over them. When thoroughly chilled, mix the apples and dates, nut meats and celery, stir in the salad dressing. Roll in a lettuce leaf and pack in paper cups or wrap in oiled paper.

DISHES FOR HOT DAYS

WHEN the hot days of Summer come, the food problem becomes a serious one. The body need for energy, repair material, vitamines, minerals and bulky food continues while the heat decreases and perverts the appetite.

Cool, crisp salads and attractively served vegetables with the building and repair materials supplied by milk and egg combinations form a satisfactory diet, by stimulating the appetite and meeting body needs.

Heat giving foods, as fats and rich dishes should be avoided except for small quantities of butter, whole milk and necessary seasoning fats. Fruit sauces should replace whipped cream and cheese and milk dishes replace meat. Ices, fresh fruit and fruit salad served with simple cake are appetizing, cooling and refreshing as hot day desserts. Cold foods should be eaten in small quantities and slowly to avoid digestive trouble. Onions, lettuce, spinach, etc., are especially valuable for their soothing and rest producing qualities. There is much gained by serving these foods raw to benefit most from their crispness and pleasing appearance.

Vegetable Salad

1 cup diced carrots
½ cup diced potatoes
1 cup cut string beans
½ cup diced turnips
½ cup French Dressing

Cook the vegetables separately, adding salt toward the last of the cooking. When cool, cut into one-half inch cubes. Mix the vegetables with the French Dressing and garnish the salad with lettuce leaves or finely cut cabbage. Other vegetables — cauliflower, beets, peas, celery, etc., may be substituted according to convenience.

Creamed String Beans

1 quart string beans
2 tablespoonsful butter
1 tablespoonful flour
1 cup milk
1 teaspoonful salt
¼ teaspoonful pepper

Clean, string and parboil a quart of string beans. Add salt the last half hour of cooking. Make a sauce by adding flour, pepper and salt to melted butter, stirring until smooth. Add milk, and cook until creamy. Drain water from beans and add sauce.

Sardine Salad

1 can sardines in oil
2 eggs, hard cooked
Salad dressing
Lettuce

Remove fish from can, keeping them whole. Drain off excess oil. Cut eggs lengthwise through the center, after removing shells and divide each half into thirds lengthwise. Arrange sections of egg in groups of 3 on lettuce leaves to form a circle with points to the center. Place whole sardines between sections of egg with tails lapping at center. Pile dressing in a mound at the center.

Sardine Salad Dressing

4 tablespoonfuls heavy cream
2 tablespoonfuls vinegar
⅛ teaspoonful pepper
¼ teaspoonful paprika
¼ teaspoonful salt
2 tablespoonfuls catsup

Mix catsup, vinegar, salt, pepper and paprika. Add stiffly beaten cream and mix thoroughly.

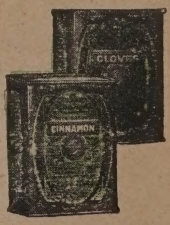
Spinach Salad

Pick over, wash and cook ½ peck spinach. Drain and chop finely. Season with salt, pepper and juice of one lemon. Add 1 teaspoonful melted butter. Butter slightly small tin molds and pack solidly with mixture. Chill, remove from molds and arrange on thin slices of cold boiled tongue cut in circular pieces. Garnish with parsely and serve with mayonnaise or other salad dressing.

Norwegian Prune Pudding

½ pound prunes
2 cups cold water
1 cup sugar
1 inch piece stick cinnamon
1⅓ cup boiling water
⅓ cup cornstarch
1 tablespoonful lemon juice

Pick over, wash and soak prunes 1 hour in cold water, and boil until soft. Remove stones. Return pulp to water. Then add sugar, cinnamon, boiling water and simmer 10 minutes. Dilute cornstarch with enough cold water to pour easily. Add to prune mixture and cook 5 minutes. Add lemon juice. Mold, chill and serve with cream.



SICK ROOM FOODS

THE greatest of care should be given the preparation and serving of food for the sick and convalescent since the patient's health may be directly affected by the care in preparation and the appearance of both food and tray has much to do with their acceptance. The tray should be carefully arranged, avoiding a crowded appearance, with linen, china and glassware that is dainty and most pleasing to the patient. Orderliness and immaculate cleanliness should characterize the service as well as preparation. A bit of poetry, a flower or a letter placed upon the tray forms a pleasant surprise that increases its acceptability, by creating interest.

Unless the diet is very limited, food should be served in courses thus decreasing the danger of a crowded tray and encouraging the patient to take more. The dishes used on the tray should be small and never filled, glasses and cups being filled to an inch from the top. Serve single beverages or dishes on a small tray or plate covered with a doily or folded napkin. Remove all dishes and the tray after each meal. Avoid the giving of medicine in dishes to be used on tray.

In severe illness the physician will prescribe the diet to be given. In case of long illness small quantities of nourishment may be taken at frequent intervals. Foods easily digested are usually given, as milk, eggs, gruels, cereals, fruit juice. Cooked foods should be thoroughly cooked, but in the case of meat, eggs, and milk a low temperature is best.

Fruit Drinks

Cherries or raspberries may be used. Put the fruit in a sauce pan and heat slowly until fruit is well broken, do not allow to boil. Pour through a strainer or jelly bag. The juice sweetened to taste and iced gives a pleasant cooling drink for the warm weather patient.

Egg in a Nest

1 egg
1 slice bread—toasted
⅛ teaspoon salt
1 tablespoon butter

Separate egg, keeping yolk unbroken. Beat white stiffly, season with salt and arrange froth on buttered and toasted bread. Make a small depression in the center of the white and add unbroken yolk. Bake in a moderate oven until the white browns slightly. Serve while hot.

Note: Avoid a very hot oven as the top of the egg will become tough and hard to digest while the center will not be cooked sufficiently.

Cream Lemonade

Fill bottom of glass with cracked ice. Beat white of one egg to stiff froth and sugar to taste. To this add the juice of one lemon, stirring constantly. Then add ½ cup of cream. This will make two glassfuls.

Note: Add lemon slowly to avoid hardening the egg. Serve at once. To be used by the patient who needs nourishment and can digest fats.

Soft Cooked Egg

Put in a saucepan enough boiling water to cover the eggs. Place the eggs in the water with a spoon and cover the saucepan. Move to back of stove or table and allow to stand for 7-9 minutes.

Note: Do not allow the water to boil after the eggs enter it. The white near the shell will be cooked hard while the yolk and white near it will be under done. Boiling heat renders eggs hard and slow to digest.

Milk

When serving hot milk, do not allow it to boil. That toughens the protein and causes the minerals to form a scum.

Cold milk like other cold foods, should be taken slowly.

Toasted Flake Gruel

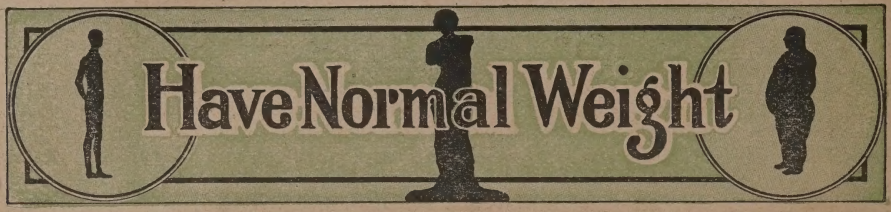
2 cups toasted rice or corn flakes
2 cups water
¼ teaspoon salt

Heat water to boiling. Add the salt and flakes. Cook until thoroughly softened. Strain through the sieve to make perfectly smooth.

Fruit Souffle

¾ cup fruit pulp, peach, apricot or quince, 3 egg whites, sugar to taste, ⅛ teaspoon salt, ¼ teaspoon Rawleigh's Vanilla Extract.

Rub fruit through a sieve. If canned fruit is used, first drain from the syrup, heat and sweeten if needed, beat white of eggs until stiff, add gradually hot fruit pulp and salt and continue beating. Turn into buttered and sugared individual molds, having them ¾ full. Set molds in pan of hot water and bake in slow oven until done which may be determined by pressing with finger.



GOOD HEALTH is essential to success and happiness and should be the goal of everyone. Health usually manifests itself in the appearance, measurements and weight, thus the latter has become an index for the average person to his well being. Medium weight is sought since that type of person is found to have more strength and endurance than the very thin, while he is more active, stronger and has more normal body functions than the stout one, since his organs are not hampered by excess fat.

Weight is increased by the food absorbed and decreased by the utilization of that food as heat and energy in work, exercise, body heat and maintenance of the internal muscular activity of living. When less food is absorbed than is needed in the form of energy, body tissue is burned and the body becomes thin. When a larger supply of food is taken and little is demanded as energy, the extra fuel is stored within the body as fatty tissue. When either condition, although slight, continues for a long time, the thin person becomes weak and non-resistant to disease, while the fat accumulator has his functions hampered by unnecessary flesh, thus also becomes less capable and less resistant to disease. If your weight stays about normal, you are eating in accord with your energy demand.

Do not guess at your weight, but secure a table and see what your weight should be. Be weighed on reliable scales, then check up your living habits, considering the main factors in determining weight which are

(1) The kind and amount of food eaten.

(2) The kind of work done.

(3) Regularity and amount of sleep obtained.

(4) Nervous poise.

(5) Exercise or recreational activity taken.

(6) Personal ability to utilize foods eaten.

How to Get Thin

The world is full of good things to eat—fuel for the great human furnace. Some foods produce energy, some build tissue and bone, while others build fat. For the individual who wishes to lose flesh, the combining of foods should be known since one of the most essential causes of overweight is the overeating of fat building foods.

To reduce weight, eat an abundance of fresh, coarse vegetables which give less fuel but satisfy the appetite by their bulkiness, such as lettuce, cabbage, carrots, cauliflower, celery, rutabagas, spinach, tomatoes, etc. These vegetables are preferably served without cream sauce or butter. Fruit with little sugar, cottage cheese, egg whites and lean meat supply the needed material for body repair without producing fat. Avoid alcoholic beverages entirely and drink as little water with meals as possible. Avoid fats in the form of butter, cream, oils, fat meat, bacon, pastry, nuts, puddings, sauces and fried foods. When these foods are used, take them in the most strict moderation. Fats digest slowly and are easily stored as body fat. Carbohydrates usually taken with fat foods are readily converted into heat and energy, thus meeting the body needs before the fat is available. When taken in larger amounts than needed, carbohydrates also store as body fat, thus should be used sparingly.

SUGGESTIVE REDUCING DIET

Breakfast

Pineapple (unsweetened)
2 eggs.
1 slice toast (whole wheat)
½ square butter.

Dinner

Soup—none or clear broth.
Broiled steak.
Spinach without butter or fatty sauce.
Cauliflower, steamed.
Celery.
Bread ½ slice.
Butter ½ square.
Stewed apples (unsweetened)

Supper

Clear broth.
Baked squash.
Stewed tomatoes.
Radishes.
½ slice bread.
½ square butter.
Orange Sherbet.

The average person accumulates fat about middle life when due to sedentary business and decreased recreational activity the energy demand is lessened while the habit of heartily eating continues. Mental work requires no more energy than sitting still, thus if after doing muscular work you change to sedentary life, adapt your diet to this change. Continue or perhaps increase your recreational activities and begin a routine of exercises. Abdominal, trunk and back exercises, as well as long, brisk walks, are of chief importance.

A cold bath upon rising, given by rubbing the body briskly with a flesh brush or a bath mit, followed by rubbing until warm with a coarse towel, is valuable in developing normal tone of sagging muscles.

How to Get Fat

The thin, underweight person should closely consider his living habits. Lack of nervous poise, or a constant state of hurry and nervous tenseness of the whole body is very common to these people. A tendency to worry is frequently present. The thin condition indicates a greater expenditure of energy than the food intake can supply, thus the body is using for energy material needed for rebuilding worn muscle.

The diet should be carefully selected from the foods which are readily digested and adapted to building body fat. While some bulk foods with little nourishment are necessary for normal bowel action, they should be combined with the more concentrated foods such as cheese, cream, butter, milk, etc. Fatty foods as butter, cream, and oil dressings find an important place in this diet and should be used as often as possible without disturbing digestion. Ability to handle these foods may be developed by using small quantities, then gradually increasing. Two or three tablespoonfuls of olive oil taken after meals gives increased food value.

Carbohydrate foods as starches and sugars when eaten in excess of the energy demands are stored as body fats. Cereals, rice, macaroni, potatoes, cornstarch and tapioca puddings, malted milk and simple sweets supply carbohydrates in concentrated forms that encourage fat building. Candy made without saccharine may be added to the diet to advantage, although an excess may prove irritating. Eat candy at the end of a meal to avoid lessening the appetite for more wholesome foods.

Whole milk used in chocolate, cocoa or cream soup is a valuable flesh builder and may be conveniently taken with wafers between meals, thus increasing the food intake without endangering digestive disturbances.

SUGGESTIVE BUILDING DIET

Breakfast

Rice with cream and sugar.
Oranges.
Bacon and egg.
Creamed potatoes.
Milk to drink.
Buttered toast.
Jam.

Luncheon

Cream of spinach soup.
Pork chops, breaded.
Baked potato with butter.
Sliced tomatoes with oil dressing.
Bread.
Butter.
Chocolate Blanc Mange.

Dinner

Cream soup.
Roast beef.
Mashed potatoes and gravy.
Lettuce with Mayonnaise.
Escalloped corn and cheese.
Rolls.
Cake.

A calm, well poised state of mind and body should be cultivated. The habit of relaxing whenever the person becomes conscious of tenseness and at least twice during the day should be developed. Practice replacing worry with reason and forgetfulness. Avoid wasting energy by unnecessary movements which accomplish no work.

At least nine out of every twenty-four hours should be spent in relaxed, restful sleep, best taken in a well ventilated room. Excitement during the evening, if it disturbs sleep, should be avoided. If possible, a period of rest during the day should be taken to avoid fatigue.

A warm bath before retiring aids in relaxing tense muscles and induces sound sleep. If troubled with insomnia this is advantageous. Moderate exercise should be taken to strengthen the muscles and build tissue.

Treating Common Emergencies

WHAT to do and what not to do is very important in giving emergency treatment to an injury. Everyone should know something of caring for the common injuries until skilled help can arrive. What not to do is in many cases more important than what to do. The suggestions here given for emergency care are not intended to replace a physician but to prevent serious developments by proper care until he comes.

General Rules for Giving Aid

1. Avoid hurry and excitement and send for a physician at once, where the case seems to justify.

2. Lay patient down and prevent him from seeing his wound to avoid increased shock. If the face is pale, lower the head and raise the feet, while if flushed, raise the head on a pillow or folded garment.

3. To treat serious injuries, always stop the bleeding where if is seen. If necessary remove clothing so that wound may be worked with directly.

4. Loosen light clothing, especially the collar and belt. To remove clothing, take from the injured side first.

5. Do not move patient unless absolutely necessary in which case use the greatest possible care especially if there is danger of broken bones or sprains.

6. Avoid a number of spectators as they tend to shut off free air circulation and increase shock.

7. Every household should have a Medicine Cabinet with materials needed for emergencies kept in a sanitary condition. Such materials as soft, clean cloth for bandages, a stimulant as Aromatic Spirits of Ammonia, a good salve as Rawleigh's Healing Salve and Antiseptic Solution, Anti-Pain Oil, Liniment and other materials deemed necessary. Rolls of bandaging, one and two inches wide respectively, made of clean muslin, cheesecloth or linen that has been baked in the oven saves making bandages when needed and the roll is easier to keep clean and quicker to apply.

8. Do not handle wounds, medicines or salves with the fingers nor touch that part of the bandage that covers an open wound.

Common Emergencies

Shock or nervous depression accompanies almost every wound, the severity depending upon the nervous condition of the individual and must always be thought of and treated if necessary. Keep the body warm by applying heat to limbs, feet and arms. Ammonia and Smelling Salts held for one minute intervals to the nose is valuable where the patient is unconscious. Keep patient lying down with head low and cool.

Broken Bones. Call a doctor at once and do not move the patient until he arrives unless absolutely necessary. An attempt to straighten or move an injured part may force the sharp edges of the bone through the flesh. If patient must be moved, strap splints, made of available rigid material which is long enough to reach beyond joint on either side of the break, very carefully to the injured part. Make patient comfortable and prevent fainting.

Bruises. The ordinary, minor bruise demands little treatment other than an application of cold water to prevent discoloration and Rawleigh's Anti-Pain Oil or one of Rawleigh's Ointments, to relieve soreness. To remove discoloration use hot applications

Burns and Scalds. Spread Medicated Ointment or Healing Salve with a knife on a clean piece of muslin or gauze and apply at once. A severe burn should be treated by a physician. Do not break blisters by pressing or cutting. Change dressing every 24 hours. Never neglect minor burns lest they become infected

Cuts and Wounds. For cuts and wounds, extreme cleanliness is necessary. For a minor cut bathe with Rawleigh's Antiseptic Solution according to directions and cover with sterilized gauze and bandage. For a deep cut, where bleeding does not stop, bandage tightly above the cut between the heart and the cut. Permanent dressing should be done by a physician in all other than minor cases to be sure there is no infec-

tion of the wound. Lay patient down with injured part high.

Fainting is a temporary loss of consciousness caused by an insufficient supply of blood in the brain. Lay the person flat with head lower than the body if possible or raise the feet on a folded garment or pillow. Loosen all tight clothing. Give plenty of fresh air and if available apply cold water to the head. Smelling Salts or Aromatic Spirits of Ammonia held below the nose will assist in recovery. Fainting is not serious and if patient is placed in a proper position will correct itself.

Insect Bites and Stings. Take out sting and put on a drop of Rawleigh's Camphor Balm. Apply cold water followed by a dressing soaked with Rawleigh's Anti-Pain Oil.

Sprains. Put patient in a comfortable position. Apply cloths wrung from hot water to the injured joint until the pain and swelling have subsided. Some prefer cold applications. Rub gently with Liniment, Camphor Balm or Anti-Pain Oil. In cases of severe sprains, have a physician examine and treat the joint. For minor sprains, bandage the joint firmly and avoid using until pain has disappeared.

Strains are produced by overstretching the muscles. Rub the muscles with Liniment or Anti-Pain Oil, first gently and then more vigorously. Hot applications often give relief and help to limber up the muscles.

Sunstroke. This condition comes on rapidly, with no preliminary symptoms, when a person is exposed to the rays of the sun. Remove clothing and rub with cold water and place in as cool a place as possible. If possible have a doctor but do not delay treatment until he arrives.

Heat exhaustion is very similar to sunstroke but is characterized by a coldness of the surface of the body. The patient is not unconscious as a rule, but feels generally weak. Move patient to a cool place, apply friction to the skin and a stimulant as hot tea, hot coffee or hot water after the patient is able to drink are important. Rub Rawleigh's Mustard Ointment over the stomach and on the soles of feet.

Croup. Send for a doctor. Give the child an emetic formed by stirring together ½ teaspoonful Rawleigh's Ground Mustard in half a tumbler of warm water. A teaspoonful of Syrup of Ipecac followed by a large drink of warm water is also valuable. Put hot applications on the throat and chest covered by dry flannel. Change applications when beginning to cool. To prevent an attack keep the sleeping room air moist by the steam from a kettle of hot water — kept hot by an alcohol flame.

Convulsions. In a child's case put him bodily into a luke warm bath and apply towels wrung from cold water to his head.

In case of an adult give a warm bath and wrap in hot blankets. Keep the bowels open by use of a mild laxative as one of Rawleigh's Laxatives.

Chill From Exposure. Remove the clothing and rub thoroughly with flannel or a coarse towel. Give a cup of hot water, lemonade, hot milk or coffee. Put to bed between woolen blankets if possible. Hot water bottles will aid in warming the body thus overcoming the chill.

Nose Bleed. Seat patient in a chair with head back. Apply cold water or ice to the back of the neck. Put a roll of paper under the upper lip pressed firmly against the gum. If bleeding does not stop, call a doctor. A solution of 1 teaspoonful of salt in a cup of water snuffed up the nose should be tried. This is often valuable.

Poisoning—Internal: For poisoning from foods produce vomiting by giving a cup of warm water with 1 teaspoonful Rawleigh's Mustard dissolved in it. Repeat this mixture every ten minutes until three glassfuls have been taken.

External. To prevent poisoning when exposed to poisonous plants as Ivy and Oak, rub the skin well with Rawleigh's Cold Cream, or Medicated Ointment.

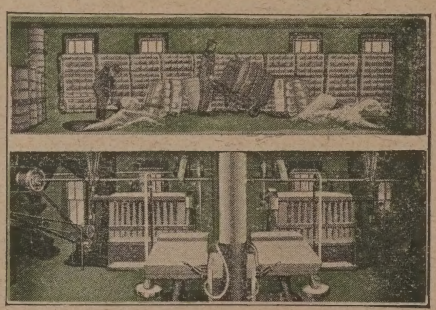
After being exposed and poisoned wash the skin with plenty of soap and water and bathe with Rawleigh's Antiseptic Solution or Toilet Water. Apply hot water compresses to help relieve the irritation.

SCIENTISTS have announced that the time is close at hand when the human race will have to fight against its very extermination by insect enemies. It is generally recognized that the menace of flies and mosquitoes is a present one. Thousands yearly die of fly-carried infection and disease. The fight is on.

The common fly is one of the most deadly enemies to human health and life. The fly is born in filth, raised in filth and always associated with filth. Loaded with filth and infection, it comes into the house and wipes its feet and deposits its excrement on the food, takes a bath in the milk, or camps on the lips of a sleeping child, leaving its deadly cargo of disease-breeding germs wherever it goes.

The fly carries the germs of typhoid, tuberculosis, diphtheria, dysentery, cholera, diarrhea, fevers and infections and mosquitoes are the carriers of yellow fever, malaria, and certain forms of blood poisoning.

The best way to exterminate flies is to destroy and remove breeding places and cut off the new supply of flies by striking them at the egg and maggot stage. Stables, pens, and outhouses should be thoroughly disinfected with Rawleigh's Dip and Disinfectant and manure disinfected daily and hauled to the field and spread frequently during summer. Garbage, refuse and feeding and breeding places should be covered and frequently removed or burned. Flies are never numerous around clean premises.



Grinding Rawleigh Insect Powder

Machine Gun of Insect Destruction.

The easiest, quickest, most convenient and safest way to rid the house of flies is to use Rawleigh's Insect Powder, which in the little bellows boxes can be shot into the air and is a regular machine gun of destruction. It is the most effective means of exterminating and repelling other insect pests that infest vegetation, man or animals and poultry such as lice, mites, ticks, fleas, cockroaches, bedbugs, beetles, moths, ants and bugs, lice, slugs and worms on plants. This Powder is clean, harmless, and will not stain or injure walls, draperies or clothes and is easily dusted away. It is easily applied with the bellows box and penetrates cracks and crevices so there is no escape for insects. It is the quick and sure way to insect destruction.

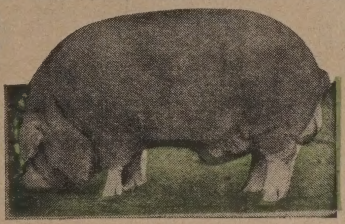
Rawleigh's Insect Powder is made from Pure Pyrethrum Flowers ground to impalpably fine powder. The Pyrethrum Flower is a daisylike chrysanthemum which grows in Dalmatia and Japan. The powder from these flowers is deadly to insects because it suffocates by irritating and closing the body pores through which they breathe but harmless to men or animals.

Rawleigh's is one of the largest importers and grinders of Pyrethrum Flowers. They are ground and packed pure, no adulterations of any kind are permitted. Rawleigh's Insect Powder is sold in paper bellows boxes, in large sifter top cans, and in new refill tin blower boxes. The cans and refill blowers are more economical.

IDEAL farming on a modern, practical business basis combined with scientific research work in better methods of tillage, dairying, breeding and feeding of pure bred stock and poultry is carried on by The W. T. Rawleigh Company just outside the city of Freeport on 288 acres of rich Illinois lands.

These Farms are operated in close co-operation with the Company's extensive testing and experimental Laboratories to demonstrate what can be accomplished under ideal conditions in better, more thrifty, and more profitable stock and poultry and the maintenance of conditions of proper housing, ventilation, sewerage, sanitation and care. Here also elaborate practical tests are made of the various stock and poultry preparations manufactured by the Company and the developing of the best means of preventing and overcoming disease among live stock. Here experienced herdsmen and live stock and agricultural experts constantly study, test and experiment with the best in methods and feeds, and the most useful in medicinal Products to be made in Rawleigh's Factories for the prevention of diseases and their most successful treatment and care of affected animals.

Rawleigh's Stock and Poultry Preparations are in daily use at Rawleigh's Ideal Farms. Special studies and tests are constantly being made for the purpose of learning better methods and ways of using these Products to make them more useful and valuable to the millions of America's most successful stock and poultry raisers. Though all of Rawleigh's Stock and Poultry Medicines are scientifically formulated and have proved their worth and their usefulness through years of actual use, Rawleigh's are constantly striving for improvement and enlargement of their lines as well as in the development and dissemination of reliable and scientific information that will benefit stockmen.



Giant Price 1100 lb. Herd Sire

These Ideal Farms are a part of the investment in Rawleigh's Good Health Service and were designed and are operated to enable us to give more and better Service. The officers of the Company come from the farm—Mr. Rawleigh, the Founder, also personally sold direct to farm homes for five years and a continent-wide business was built almost entirely with the farm population before it began spreading into the towns. With the keenest of appreciation these men devote a part of their time and resources to the practice and teaching of Ideal Farming and better care of stock and poultry.

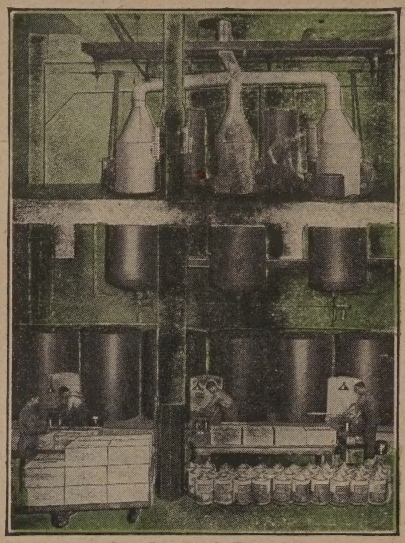
The Rawleigh Ideal Farms are the home of one of the finest herds of Big Type Poland China Swine, including the best blood and some of the most noted individuals of this breed. Sales in the large, modern sales pavilion attract wide attendance from leading breeders. The herd of Holstein-Fresian cattle stands high in quality of breeding and excellence of blood lines and merit of individuals. The dairy barns are provided with the best of everything in sanitation, and ventilation. The milk house is equipped for the delivery of certified milk. A large flock of White Plymouth Rocks are the principal poultry. Model houses are kept in sanitary condition with Rawleigh's Dip and Disinfectant, Louse Powder and Insect Powder. Rawleigh's Poultry Powder increases growth and egg production. Studies in better poultry methods are constantly being conducted.

A NEW SERVICE BOOK

"Rawleigh's Ideal Farming" is the title of a new book published by Rawleigh's for the benefit of farmers and stockmen. It tells about modern farm improvements at Rawleigh's Ideal Farms and about the largest and best line of Veterinary Remedies and Poultry Supplies sold throughout the United States and Canada. Have the Rawleigh Retailer reserve a copy for you.

Savings Through Disinfection and Sanitation

MODERN farmers and stock raisers are business men. Their capital is invested, their time spent, their land given over to stock and to raising feeds, so that the growth and production will make profits. Anything to increase production or to stop losses is a good investment. Preventing losses is as important as increasing production. Preventable diseases, insects and parasites constantly threaten to turn hoped for profits into irreparable losses. **Statistics show that of the 200 million head of live stock in the United States and Canada, 11 million perish annually from preventable diseases and lack of care.**



Making Dip and Disinfectant

Almost a million dollars a day lost through lack of care and knowledge! This loss out of all proportion to losses in other industries — could be cut to a minimum in a short time if efficient methods were applied. Preventing disease should not be regarded as an expense. It is easier and cheaper than curing; and curative measures are often ineffective after infection. Lice, mites, ticks, scab, worms, flies and other insects and parasites cause losses beyond measure with the cost to destroy and prevent them. Precautions against such losses are as important as provisions for ample feed.

Rawleigh's Dip and Disinfectant has such a wide range of usefulness that it is well nigh indispensable on every farm. A powerful germicide, parasiticide, antiseptic and deodorant; deadly to germs and lower forms of life yet harmless to higher animal life; valuable as an insecticide and fungicide — it is inexpensive, inoffensive, easy to apply, reliable and efficient as a cleanser and purifier. It is a preventative of many forms of disease, and promotes sanitary, salubrious conditions.

As a disinfectant and antiseptic, it is healing and cleansing in all kinds of sores, wounds, infection and such diseased conditions as mange, ringworm, foot rot, thrush, scratches, grease heel, galls, or fistula; and is valuable as a disinfectant after and preventative of contagious abortion, hog cholera, acute scours, anthrax, black leg, glanders, distemper, roup, and chicken cholera. It is destructive to the larvae of flies, mosquitoes, and harmful insects, and is excellent as a fly and insect repellant or as a general disinfectant.

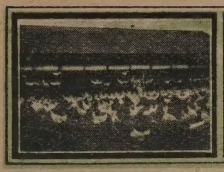
Rawleigh's have the largest coal Tar Creosote Oil Dip Factory in America at Freeport, and another large and complete one at Memphis. The equipment is the most modern and efficient. Economy is effected through buying finest quality in immense quantities, — creosote oil, for example, arrives in tank cars.

Every ingredient of Rawleigh's Dip and Disinfectant is carefully analyzed by expert chemists. High and absolutely uniform strength is insured by rigid standardization of all oils, acids and drugs and the finished Product is rigidly inspected and standardized.

Dipping for Sheep Scab

Rawleigh's Dip and Disinfectant is effective for overcoming sheep scab at a dilution of 1 to 65. Careful tests by recognized authorities prove it to be 4½ times as powerful as carbolic acid for killing germs. Yet it is safe and will not poison or burn, and is the economical and practical means to reduce losses in stock and poultry, maintain sanitary conditions, and guard health.

Rawleigh's Kreo is the ideal disinfectant, germicide, deodorant, antiseptic and purifier, for household and personal use, being highly refined, pure, and concentrated. Valuable in the sickroom, bathroom or kitchen; for general house cleaning, washing soiled clothing, scrubbing floors, cleaning drains, garbage cans, sinks, etc. For personal and surgical use on sore, inflamed or infected tissues, it is antiseptic and healing.



A Billion Dollar Crop

POULTRY and eggs rank fifth in agricultural products with a valuation of one billion dollars per year. The importance of this great industry is becoming more and more recognized and it is being made a serious organized business by many progressive poultry raisers who specialize in it. Yet upwards of 95% of the poultry products come from the farms. For the time spent and money invested it is doubtful if any business shows better returns. Yet this splendid production can easily be enormously increased by proper care, by regular attention to feeding and watering, by suitable housing, by cleanliness and sanitary measures to prevent disease, lice and mites.

Develop Stamina

Physical stamina is the quality that makes fowls productive and must be developed and maintained or other qualities are useless. This is secured in healthy fowls by right feeds and the elements the hen's system requires in properly balanced proportions. Variety in feed is always advisable. For converting farm and table waste into cash, the hen offers herself as the machine that best performs this service but such alone is hardly sufficient. Poultry are largely grazers in their feeding habits and green feed and seeds are essential, while meat scraps and ground bone take the place of the bugs, grasshoppers and insects the fowls like. Cabbages, chopped beets, carrots and other green feeds are good. In summer freshly cut clover may be furnished confined fowls. In the self feeders put alfalfa meal, crushed oats and finely cracked corn. Corn fed hens are not good layers. Corn is too fattening. Eggs are largely albumin and water and mineral. Supply these elements and the vitamines in the feed. Sprouted oats are one of the best means of supplying these and are economical and easily sprouted in the house. Sunflower seeds and barley are good but wheat is the best single grain. Milk should be provided when practical and ground shells, bone, charcoal and other grit should always be at hand.

Feed should always be clean, fresh and wholesome. Moldy and spoiled feeds should not be fed laying hens.

Fowls in confinement cannot pick up all the salts, tonics, grits, iron and elements which they crave and which are necessary to keep them healthy and to assist egg formation. These must be supplied them and the ordinary feed available on the farm does not contain them. It is not practical or economical for the average poultry owner to buy and mix the various ingredients that go to make up a reliable tonic.

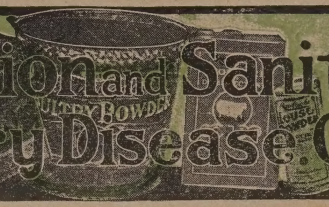
Rawleigh's Poultry Powder

Contains those elements necessary to maintain a healthy appetite and round out the perfect physical health and to stimulate laying. It is a stimulating tonic that is alterative and slightly laxative. It promotes digestion by increasing the activities of the digestive organs, increasing gastric juices, absorbing gases and relieving colic. It has ingredients that are astringent, germicidal, purifying and soothing to disordered bowels and preventative of diseases, such as cholera, diarrhea and roup. It is warming and stimulating in colds and exposure and an active medicine for the ordinary ailments.

Rawleigh's Poultry Powder contains ground bone, tankage, oyster shell, grit, charcoal and fenugreek, which promote thrifty, rapid growth of flesh and bone. It also contains sulphate of iron, quassia, and sulphur, which correct bowel troubles and are tonics and alteratives that make rich red blood. It further contains ginger, and capsicum which are warming and stimulating and promote activity of the egg producing organs. This Poultry Powder is a combination that imparts full vigor and stamina necessary to a thrifty, healthy activity and large egg production and renders the birds disease-resisting.

Feeding Rawleigh's Poultry Powder is not an expense but an investment that pays big profits that come back quickly. It is easily given in moistened crumbly feed or sprinkled in the sprouted oats when moist or in self feeders with dry mash. In health or disease it pays to feed it every day. One cent will feed 30 chickens one time.

Prevention and Sanitation in Poultry Disease Control



SUCCESS with poultry depends largely upon the health of the flock for only healthy chickens may be made profitable. Necessary to poultry health are good housing, ventilation, providing fresh air without drafts, clean, fresh water, good feed and cleanliness and sanitation. Keeping a flock healthy amounts to keeping it free from disease for in the case of poultry, prevention and not cure is the only satisfactory method. The most common diseases of poultry that cause failure are cholera, roup, white diarrhea and parasites. Lack of sunlight, impure air, contaminated drinking water, dampness, and filth and unsanitary conditions cause these diseases to develop and spread and result in heavy losses, in deaths and in low egg production and lack of vitality in breeding. Most of these diseases are highly contagious and once started cause heavy damage and loss in a few days.

The safe rule in poultry disease control is sanitation and prevention. Make it hard for disease to develop or it will be necessary to suffer frequent losses. Disease prevention and sanitary conditions begin with the right kind of a poultry house.

Clean and Disinfect. Having provided suitable quarters one must use constant care to keep them clean, sanitary and the houses, roosts, nests and fowls free from lice and mites, that sap the vitality of the birds and cause drains in the profits. **Rawleigh's Dip and Disinfectant** is ideal for disinfecting walls, roosts, nests, dropping boards, floors, coops and yards and run to destroy and prevent disease germs and contagion and to exterminate lice and mites and purify drinking and feeding places. It is valuable as a preventative of cholera, roup, scaly leg and as a thorough disinfectant where these diseases have appeared.

Overcoming Lice and Mites. To destroy the lice on the bodies of fowls an occasional dusting with Rawleigh's Louse Powder is the safe and effective way. A dust bath, made with a box of fine dirt or wood ashes and a small quantity of Louse Powder, kept dry in the poultry house will enable fowls to free themselves of the body and feather lice. The Powder scattered freely about the roosts, nests, and upon the fowls and about the house generally while the birds are on the roosts, together with a thorough cleaning of the houses, followed by a spraying with a solution of Dip and Disinfectant should prevent losses.

Stopping Roup Losses. Roup is a highly contagious, catarrhal cold that is very fatal. It affects the eyes, nose and throat and the first symptoms are watery eyes, swollen lids, discharge from the nostrils and wheezing and rattling in the throat. Segregate all fowls that are affected and remove to warm, dry quarters. Give them Rawleigh's Liniment in warm water with a spoon and grease the heads with **Rawleigh's Medicated Ointment.** Follow with Rawleigh's Roup Powder in the drinking water as directed and bathe the heads and eyes with the solution of the Powder and warm water.

Then as a precaution to prevent further infection and spread of the disease, clean and disinfect the house and yards with Dip and Disinfectant and give the well birds **Rawleigh's Roup Powder** in their drinking water, allowing nothing else to drink for three days. **Rawleigh's Poultry Powder** in soft, warm feed with milk will tone up and stimulate the fowls with colds.

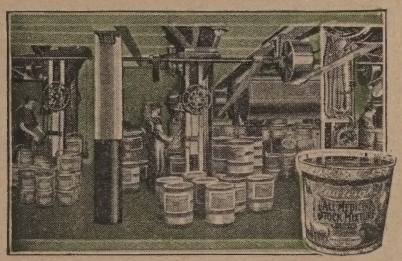
Rawleigh's Roup Powder is a valuable specific that no poultry owner should be without. It is wise to have the Rawleigh Retailer leave a supply. **In white diarrhea and cholera** the same methods as for roup are usually effective in checking the disease and losses, using Roup Powder or Liniment in the drinking water and Dip and Disinfectant for purifying the coops, runs and feeding places. Transfer all fowls to new, clean quarters till disinfection is thoroughly completed. Separate the infected birds and keep them dry and warm until fully recovered. Individual treatment by giving the medicated drinking water in a spoon is easy and will save many birds. **Rawleigh's Poultry Powder,** given in soft, moistened feed will stimulate and tone their systems and aid recovery.

Making Live Stock Thrifty and Productive

THE animal body is a great chemical laboratory, taking the food which the animal eats and by chemical processes, known as digestion and assimilation, changing these substances into growth and weight, energy, or, in dairy cows production. The more material stock convert into animal products, the more profitable they are.

To be profitable animals must be healthy and thrifty so they can resist disease, do more work, produce more milk or convert more feed into increased weight. If your stock is not thriving, if they are thin and weak, if they are not producing milk or growing and putting on flesh as they should, if they are off their feed, you are sacrificing profits and wasting feed.

Animals that do not thrive on good feed need natural tonic regulators. They need the medicinal properties necessary to put their systems in order, medicines that aid digestion, improve assimilation, relieve constipation and regulate the bowels, that sharpen the appetite and stimulate all the vital activities and make rich, pure blood that builds bone and flesh. Medicines are the only ingredients in a stock tonic or regulator that have any value for the purpose.



Machines Filling Stock Preparations

Rawleigh's Pure All-Medicine Mixtures give farmers exactly what they want and what will do the most good and give them these scientifically compounded medicines in pure and concentrated form on the most economical basis. Every ingredient in Rawleigh's All-Medicine Mixtures is there for the specific medicinal effect it exerts on domestic animals and each is used in the right proportion to make the combination most effective as regulator, appetizer, tonic, alterative, stimulant and conditioner.

THE COST PER DOSE

Rawleigh's All-Medicine Mixtures cost more by the pound than commercial tonics because they are pure medicines and contain no bran, middlings, meal or cheap filler. Yet they cost 40% less per dose and are worth 2½ times as much per dose in medicinal strength and real usefulness. This means that the user gets over four times as much medicinal value and effectiveness out of a dollar spent for Rawleigh's All-Medicine Mixture as out of a dollar spent for the average stock tonic.

Rawleigh's can offer such values because (1) they buy medicinal materials in car load lots, from first hands for spot cash, (2) they have the most modern and complete equipment for grinding, mixing and packaging these Products, reducing factory cost to the minimum, (3) and because the direct to farm selling plan with only one small profit is the economical way of distribution.

Rawleigh's All-Medicine Stock Mixture is for horses, cattle and sheep. It is composed entirely of medicines, including gentian, fenugreek, ginger, anise, sulphur, iron sulphate, buckthorn, eucalyptus and and soda. Each ingredient serves a special purpose in promoting healthy activity of the organs of digestion and assimilation and in assisting in restoring vigor, health and thriftiness and increasing productiveness.

Rawleigh's All-Medicine Hog Mixture is composed only of pure medicines, known to be especially needed and beneficial to the system of swine which is different than that of other animals, and elements which hogs naturally crave and seek. The ingredients include sodium hyposulphite, sodium sulphate, sodium phosphate, copperas, soda, saltpeter, ginger, buckthorn, sulphur, sodium chloride and charcoal. These essential substances build blood, bone and flesh, promote health and proper functional activity of the system, they destroy and prevent certain harmful bacteria and disease germs, they resist worms and correct stomach and intestinal disorders. With good feed, pure drink, sanitary quarters and fresh air and sunshine this Mixture contains every element necessary to make healthy, thrifty hogs that will save feed and convert it into meat at a profit.

THE value of live stock in the United States and Canada is so great and losses are so frequent and heavy that live stock insurance is claiming attention of stock owners and farmers with fire, hail, and tornado insurance. Insurance cannot replace valuable animals or their services while sick and disabled or the expected gains that are turned to losses by injuries and accidents, by colic and bloat, by worms and body parasites, by neglect and exposure, by insufficient or improper feeding or by general and often unexplainable run down condition.

Deaths from preventable causes alone cause annual losses of over $250,000,000. This is an outright economic loss. The insured individual may be reimbursed for an individual loss by paying a rate of insurance that covers by a safe margin the average losses, but the losses are irreplacable. They come out of the pockets of stock owners.

The best live stock insurance is care that eliminates the preventable sickness and deaths, that attends to and repairs frequent accidental injuries, that brings prompt and reliable assistance in attacks of sickness and disease and aids in restoring and maintaining healthy, thrifty productive condition.

Most of the minor injuries and diseases affecting animals are easily and quickly overcome if prompt and proper measures are taken. Prevention is better than cure and most is to be accomplished along that line. Sanitation, disinfection, prevention of infection are always important but particularly so at the start of trouble. For the frequent injuries and ailments such as wounds and colic, bloat and bowel trouble, reliable remedies should always be on hand in every barn. The provident man is ready for live stock emergencies, knows what to do and acts promptly.

The Rawleigh Veterinary Products

Constitute the largest, most complete, most scientific, most practically useful, the largest selling and most satisfactory line of applications, medicines and specifics for live stock sold throughout the United States and Canada. These are all made complete in Rawleigh's Factories and Laboratories by the most careful, scientific methods and tested to conform to the high Rawleigh standards of effectiveness. The service and policy of Rawleigh Retailers permits worthy farmers and stock men to keep on hand ample assortments of these reliable and much needed Products for emergency insurance.

Rawleigh's Liniment, Camphor Balm and Healing Salve are as useful and as frequently needed for horses, cattle, mules and other animals as they are for family use and for similar purposes they give similar effects as in human use. Lameness, swellings, strains, cuts and wounds yield to their external application and Rawleigh's Liniment gives prompt and efficient relief in colic, bloat, diarrhea, scours, and stomach and bowel pains.

Rawleigh's Veterinary Ointment is an economical, reliable, carbolated, antiseptic and germicidical ointment for domestic animals. It stops inflammation and pus formation, protects and keeps clean, prevents infection and assists Nature in healing skin and flesh wounds, injuries and sores. It will not lose its strength or become rancid.

Rawleigh's Application is a liquid preparation for external injuries, wounds and sores on horses, mules, and cattle. It is particularly fine for wire cuts, galls, and sores on necks, shoulders, backs and legs, and for grease heel, scratches, sore teats on cows, etc. It is antiseptic and germicidal and a preventative of proud flesh and gangrene. It protects against infection, repels flies, allays irritation, aids in natural healing and prevents unsightly scars.

Rawleigh's Healing Powder in many cases is better than a softening ointment for raw surfaces, bleeding wounds, cuts, sore necks and shoulders, It is astringent, mildly caustic, and drying and stops bleeding and dries, protects and heals raw surfaces, keeping out flies, dirt, germs, infection and preventing gangrene and proud flesh. It reduces pain, stops profuse hemorrhages, reduces chafing and irritation from sweating and rubbing of collar and harness. It is most useful in Spring when horses are tender and soft and hard work and sweating causes sore shoulders. Rawleigh's Healing Powder is 100% pure medicine and each ingredient, has long been esteemed for healing, antiseptic, germicidal qualities. It is stronger and better than other powders, should be used sparingly and is therefore very economical for veterinary use and excellent as well for personal use.

Rawleigh's Worm Destroyer is a scientific combination of some of the strongest and best anthelmintics and vermifuges, the use of which is based upon the extended practical experience of leading authorities. These are drugs which destroy and remove stomach and intestinal worms. It also contains a proper proportion of laxatives to assist in expelling the internal parasites and their filthy accumulation and other elements which absorb poisonous gases, sweeten the stomach and encourage the appetite.

Worm infested stock cannot be healthy, thrifty or profitable but become so weakened that they are susceptible to serious diseases. Worms in live stock, especially hogs, take a terrible toll in deaths and loss of profits, that Rawleigh's Worm Destroyer can help prevent.

Colic and Bloat Compound—Colic is generally understood to be extreme pain anywhere in the abdominal cavity but most frequently in the stomach. It is usually the pain of acute indigestion, caused by sudden filling of the stomach with indigestible material, such as green clover, new hay or corn, musty grain, overfeeding, large draughts of cold water, standing in cold wind, draft or storm, especially after hard work and heated condition, or by severe exercise after a full meal. Various forms and names for this condition are cramps, gripes, hoven, bloating, tympanitis, wind colic, or bloat, worm colic and cattle bloat.

This trouble is frequent, it is dangerous and often fatal unless prompt and vigorous aid is given. Rawleigh's Colic and Bloat Compound is a powerful and effective specific for the very purposes its name implies. Keep it handy for the quick attacks. Don't let valuable animals suffer and die.

Rawleigh's Cough and Heave Powder is another specific useful for relieving the inflammation of the mucous membrane and excessive mucus discharges in coughs, incipient stages of heaves, bronchitis, laryngitis, distemper or strangles, and influenza, accompanied by sore throat and bad cough. It is a stimulating tonic, an expectorant, antispasmodic and alterative that is warming and increases the perspiration and body excretions and aids in throwing off coughs and colds.

Rawleigh's Fly Chaser saves milch cows, cattle and horses the annoyance of flies, gnats and mosquitoes and the strength wasted in fighting them. It allows ease and comfort because its odor and taste are repugnant to insects and repel and keep them away from animals that have been sprayed with it. Quiet, contented animals are more efficient, productive and profitable.

RAWLEIGH'S GOOD HEALTH PRODUCTS

When you want to order more products or pay your account write direct to the Rawleigh Retailer whose name and address should be stamped on the back cover of this book. If you do not know the address of the Retailer in your Locality, send your order to the nearest Rawleigh Factory or Branch. Be sure to enclose the full retail price of the products you order and they will be shipped to you promptly. User's price list and order blank will be sent on request. The best way is to have the Retailer leave you a large assortment on his regular calls.

'Tis Better To Have Them And Not Need Them Than To Need Them And Not Have Them

Pain Medicines
Liniment
Anti-Pain Oil
Camphor Balm
Anti-Pain Plasters
Aspirin Tablets

Salves and Ointments
Medicated Ointment
Mustard Ointment
Healing Salve
Catarrhal Relief

Cough & Cold Medicines
Cough Syrup
Cough Balsam
Cold Tablets
Cough Lozenges

Laxatives
Laxative Tablets
Cathartic Pills
Laxative Syrup
Laxative Wafers
Laxative Tea
Fruit Salts

Miscellaneous Medicines
Antiseptic Solution
Diuretic Tablets
Headache Tablets
Dyspepsia Tablets
Worm Lozenges
Rheumatic Relief
Application for Corns

Tonics and Alteratives
Cod Liver Oil Extract
Ru-Mex-Ol Chill Tonic
Nux and Iron Tablets

Extracts and Flavors
Vanilla Compound
Vanillin & Coumarin
Lemon, Strawberry, Mixed, Wintergreen, Orange, Maple, Banana, Cassia, Red Color, Almond, Pineapple, Anise

Spices
Black Pepper
Whole Mixed Spice
Cinnamon, Allspice, Mustard, Sage, Nutmeg, Cloves, Ginger, Red Pepper

Toilet Preparations
TreVere Preparations
Complexion Powder
Cold Cream
Tooth Paste
Tooth Powder
Pan-Jang Talcum
Violet Talcum
Talcum and Baby Pwd.
Face Lotion

Toilet Preparations (Continued)
Hair Tonic
Shampoo Jelly
Liquid Shampoo
Sweet Clover
Vanishing Cream
Tooth Brushes
Rose Pomade
Foot Powder
Brown Beauty Face Pwd.

Perfumes and Toilet Waters
Anna May Bouquet
Rose, Violet, Lilac, Carnation
TreVere

Toilet Soaps
Vegetable Oil
Cocoa Castile
Shaving Cream
Shaving, Cocopalm, Alba Rose, Economy, Transparent Pine Tar

Food Products
Baking Powder
Melomaze (Dessert Pwd.)
Prepared Mustard
Cocoa
Cream of Tartar

Miscellaneous Products
Insect Powder
Disinfectant (Kreo)
Chewing Gum
Washing Compound
Sewing Machine Oil
Mint Sweets
Shoe Polish
White Shoe Dressing
Furniture Polish
Stove Polish

Veterinary and Poultry Preparations
Fly Chaser
Louse Powder
All-Med. Stock Mix.
All-Med. Hog Mix.
Stock Tonic
Dip and Disinfectant
Poultry Powder
Roup Powder
Colic and Bloat Ease
Colic and Bloat Comp.
Healing Powder
Application
Worm Destroyer
Veterinary Ointment
Cough and Heave Powder

The Spaces Below Are For Keeping Your Account With The Rawleigh Retailer
Should he overlook entering your account at any time, he will thank you for calling his attention to the matter. Please keep this book for convenient reference.

M_____

IN ACCOUNT WITH **THE RAWLEIGH RETAILER**

FIRST TRIP
Date_____ 192___
Amt. Remaining Unpaid $_____
for goods delivered on Prev. Trip - - - -
Products left this trip $_____
Total $_____
Amount Received $_____
in Payment this Date
Balance Unpaid $_____

SECOND TRIP
Date_____ 192___
Products left this trip $_____
Total Account $_____
Amount Received $_____
this Date on Account
Balance Unpaid $_____

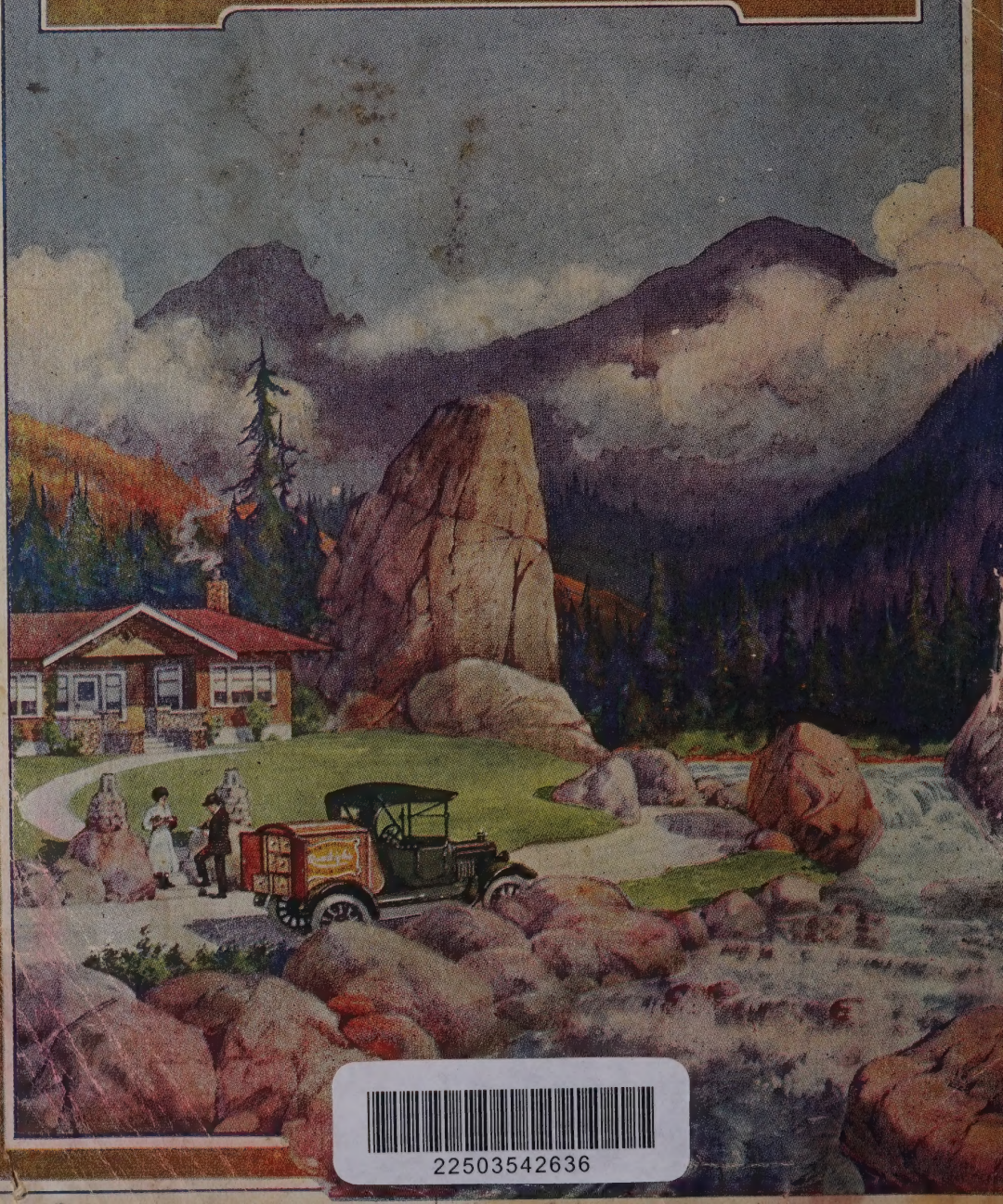
THIRD TRIP
Date_____ 192___
Balance Unpaid $_____
Products left this trip $_____
Total Account $_____
Amount Received $_____
this Date on Account
Balance Unpaid $_____

FOURTH TRIP
Date_____ 192___
Products left this trip $_____
Total Account $_____
Amount Received $_____
this Date on Account
Total Account $_____

Elegance, Refinement, Good Taste and Intrinsic Quality are combined with Highest Reliability and Practical Usefulness in Rawleigh's Good Health Products making them the leading and most satisfactory line sold direct to the home. Rawleigh Good Health Products consist of the best selection of Family, Stock and Poultry Medicines, Toilet Preparations, Extracts, Spices, Food Products and Household Necessities.

The Rawleigh's good health service direct to your home by

The Rawleigh Retailer



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